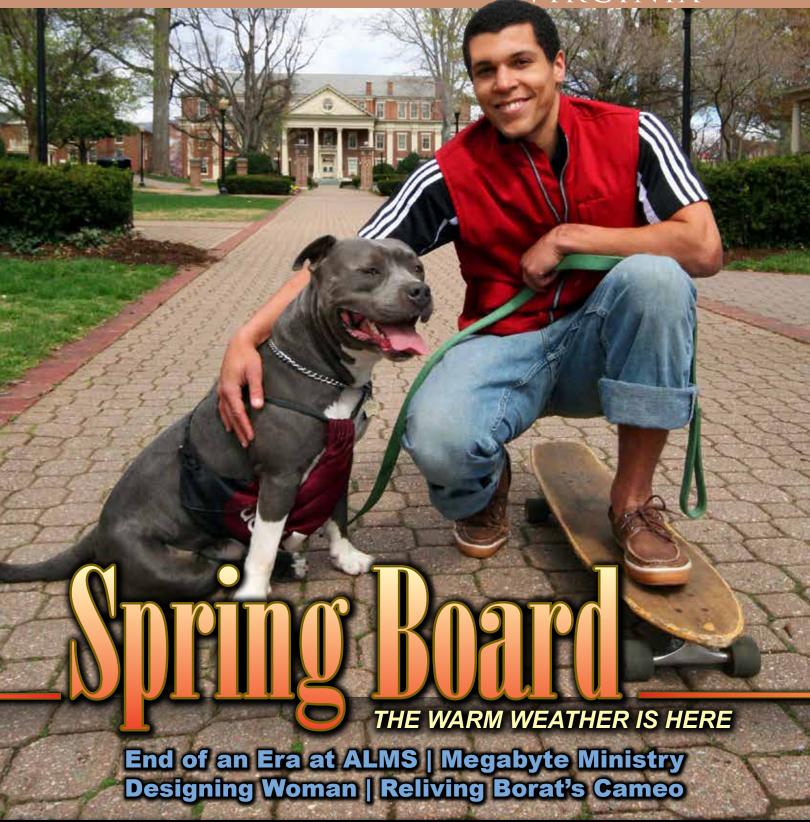
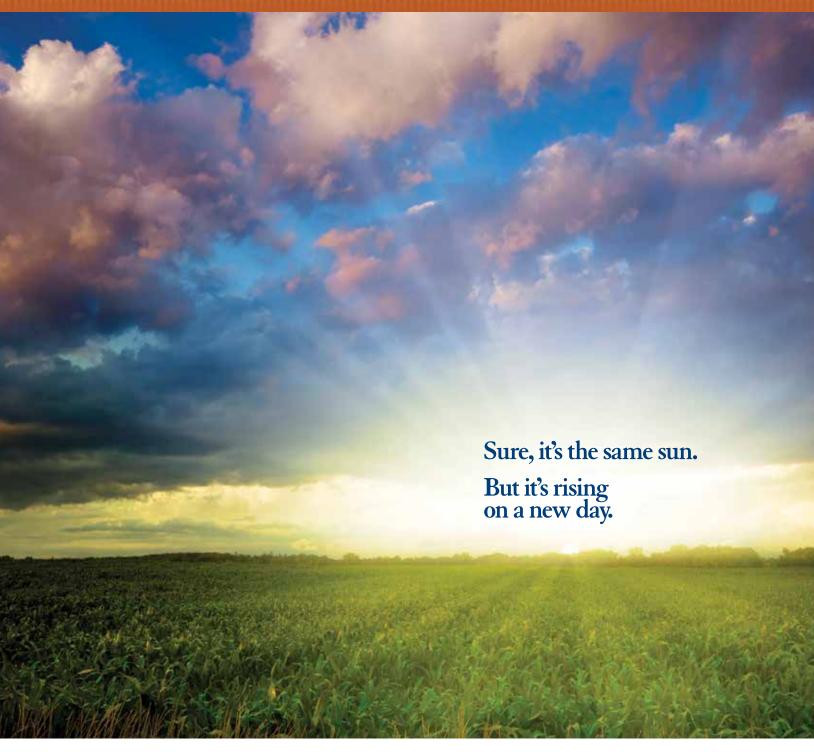
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PUBLISHER

City of Salem Communications Department

EDITORIAL, LAYOUT & DESIGN

Communications Department

ADVERTISING

Contact the City of Salem **Communications Department** 540-375-4112 or email: mstevens@salemva.gov

PRINTING

Select Group - Salem









Stories and Photography



Darryl McCoy Layout and Design

PIRGINIP .

Kevin Boggess - City Manager

NEW PARK WITH A NEW APPROACH

Hopefully, you've heard by now that Salem is planning to build a new park for dogs. Ever since the privately owned "Six Wags" dog park on Apperson Dr. closed in January 2010, citizens have been requesting that the city look into creating a park where dogs and their owners can socialize.

KEVIN'S CORNER



Unfortunately, these requests began pouring in at the same time the recession was starting to have its greatest effect on the city's budget. We looked at a number of options for such a park, but soon realized that the bottom line cost of an endeavor like this made it impossible. The funding

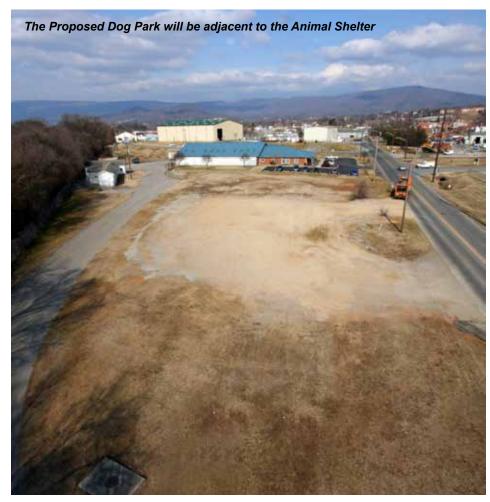
to start up a dog park and then maintain it properly with city employees simply didn't rank high enough on Salem's ever-growing list of priorities.

And while it's never good business to rob Peter to pay Paul, we decided that there was nothing wrong with exploring how we might make the park a reality with the help of some of the city's pet friendly patrons. So, a group of citizens, city staffers and some Council members began looking into ways to keep the Salem Dog Park relevant in the conversation without an outlay of tax dollars.

Of course, such an effort requires asking for donations at a time when extra money for any project is scarce. But we realized that one of the biggest expenses we would incur, the land, was already covered. A barren, triangular shaped vacant lot on Indiana St. was just the right size for the park. Plus, as an added bonus, it happened to be right beside the city's Animal Shelter.

We got busy designing a low maintenance park, with City Planner, Ben Tripp, doing his best to keep the park affordable, safe, functional, and still aesthetically pleasing. Once we got a few renderings and facts together, the city's Special Projects Manager, Teri Atkins, began the unenviable task of asking people to part with their money.

The fundraising efforts have gotten off to a great start thanks to several of



our corporate citizens, who see this park as a tremendous addition to the city. Yokohama, which is right across the street from the site, opened up the donations by contributing \$5,000. Soon after that, John M. Oakey and Son also handed the city a check for \$5,000. The Salem Lions Club was the first civic organization to support the cause with a \$2,000 donation, and several banking and business leaders like the Salem VA Credit Union, Servpro, Valley Bank and the Animal Care Center of Salem also have supported the endeavor with significant contributions.

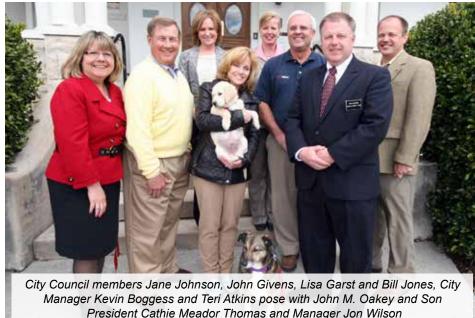
The goal was set at \$40,000 to construct the park, with the majority of that amount going to cover the cost of fencing. Thanks to the aforementioned donations and the generosity of other businesses and individuals we are almost halfway there.

The American Pet Products Association estimates that pet owners nationwide will spend \$50 billion dollars on their animals in 2011. We're hoping that just a small amount of that will trickle down to Salem and make the Salem Dog Park a reality for canines and their owners sooner rather than later.

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Salem Dog Park c/o Teri Atkins Special Projects Manager P.O. Box 869 Salem, Va. 24153







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Bill Jones



John Givens Vice Mayor



Randy Foley Mayor

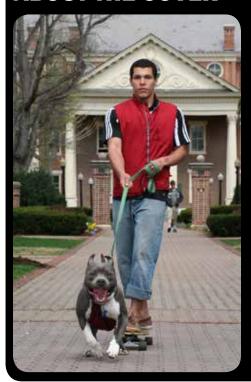


Jane Johnson



Lisa Garst

ABOUT THE COVER



Sometimes the best ideas come to you when you least expect them. Such is the case with our cover photo this issue. I was driving on College Alley and getting ready to turn onto Market St. one afternoon when I saw this beautiful blue pit bull pulling a Roanoke College student on his skateboard. I knew right then that this would make a great spring cover for the magazine. I gave the student one of my business cards and on March 24 we did the photo shoot for the cover in about 30 minutes at the college entrance off of Clay St.

The student is Cameron Lee, a senior Philosophy major from Roanoke and his dog is 2-year-old "Roscoe."

"I had never ridden a long board until I got Roscoe," says Lee. "The idea actually came from watching episodes of the 'Dog Whisperer' TV show."

Cesar Millan often "walks" his dogs on the show while riding a skateboard, so Lee figured he could do the same and the results have been incredible.

"Roscoe pulling me on the long board has a variety of positive affects in terms of our relationship and his well-being," says Lee. "It's been my experience that pulling the long board not only gives him exercise, but also assigns him a task. Completing the task in a loving, social surrounding has transformed an intimidating dog with an aggressive stigma into a light-hearted socialite around the Roanoke College campus."

Spoken like a true Philosophy major!

-MS

PURR-ific RESPONSE



Calem's new Cat Licensing law has been more successful than anyone imagined thanks largely to some responsible owners. When the new law, that requires cat owners to license their felines the same way dog owners have been doing for years, went into effect on January 1, no one expected the initial batch of 300 cat tags to sell out in a few short weeks, but they did.



In fact, the first three months that they were offered, cat owners purchased 500 tags. Salem's Animal Control is hopeful that the tags will allow them to get a greater percentage of lost cats back to their owners because they can now be easily identified.

VOTE FOR CHARLIE

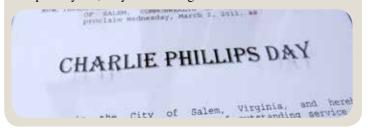


Charlie Phillips was recently honored for his many years of service to the Electoral Board in Salem when City Council proclaimed March 2 "Charlie Phillips Day" in the city.

Phillips was appointed to the board on March 1, 1992 by the Circuit Court Judges and he served

for 19 years on the three-member panel that makes sure elections in the city run smoothly.

"His guidance and expertise will be missed by his fellow Board Members, our office staff, the officers of election and especially me," says Salem Registrar Dana Oliver.



COMMUNITY PRIDE



When the Salem Civic Center opened for business in 1967, those who watched over the project made sure that it was built to stand the test of time. However, it's doubtful than any of those contractors expected the heating and cooling system and the original flooring in the steel and concrete structure to last 44 years.

This winter, the worn out parquet floor in the heavily used Community Room was replaced by a new state of the art, wood grain vinyl floor that is incredibly durable. Crews from three different parts of Virginia installed the floor slat by slat over a four-day period. At the same time, Salem Streets and Maintenance crews assisted by Civic Center staff, ripped out the original ceiling in the room and replaced it with a new drop ceiling while Siemens lighting contractors from Maryland installed enhanced lighting fixtures.

"The room is now much more appealing for wedding receptions and other events that require appropriate mood lighting," says Salem's Director of Civic Facilities, Carey Harveycutter. "The dimmable lighting gives the room incredible flexibility and allows staff to easily accommodate the needs of various groups. Plus, it will save the city money in energy costs immediately."

The entire facility will be receiving new lights and the main arena lights will be installed in August. The antiquated HVAC system that has somehow lasted for nearly five decades also is being replaced by a much more energy efficient system.

"Without the strong engineering crew led by Tim Coleman monitoring and repairing the old system we would have suffered from a loss of heating and cooling that would have certainly caused us to lose business," says Harveycutter. "The entire staff is excited that the city administration and City Council have provided the funds for these much needed system improvements that have been discussed for over 10 years."







TAKING THE LEAD



You don't earn statewide praise as a School Division for being a follower, and Salem City Schools once again took a major educational leadership role for the Commonwealth when it co-hosted a one-day conference on Student Growth, Performance Evaluations, and Differentiated Compensation at the Salem Civic Center.

The event included 140 participants from 22 of Virginia's school divisions and featured presentations by national educational leaders from "Battelle for Kids," educational specialists from the Virginia Department of Education and other leaders in the field of assessment.

The Virginia Association for Curriculum and Development helped host the event that included many of Salem's top educators, including Superintendent, Dr. Alan Seibert (left).







often said that educators do not fully realize the fruits of their labor until much later in life.

Retiring Andrew Lewis principal, Jerry Campbell, is living proof of that axiom.

In just a few months, Campbell will walk away from a distinguished 39-year career in education that has seen him talk his way into a teaching position, coach his way into the hearts and souls of hundreds of players and also influence thousands of students with his unique brand of discipline-based leadership.

"I am ready for whatever happens next and I'm looking forward to retirement because I know I'm leaving the school in good hands," he says. "The thing I will miss is the constant contact with the young people who kept me young - honestly they are hilarious."

Campbell grew up in Augusta County and after graduating from Buffalo Gap High School he enrolled at Emory & While at Emory, he Henry College. was resourceful enough to not only earn his social studies degree, but also find his future wife, Cheryl, who was a year ahead of him academically. By the time Campbell got his diploma she already was working in Roanoke, so needless to say, he knew exactly where to begin the search for his all important first teaching job.

"The men I talked to in Roanoke City and Roanoke County each told me they had 1,000 people who wanted a teaching job," he says. "I thought to myself there's no way both of them could have a thousand applicants so, I went to the man in Roanoke City and told him that he wasn't going to be able to find anyone better than me to teach. Looking back, that was a pretty bold thing to do since I had never actually taught a class."

It was bold, but also very effective. His confidence not only put his application at the top of the heap, but it impressed the personnel director so much that before Campbell had made it back home he had a job offer. He began his life as an educator, teaching 8th grade geography at Jackson Middle School and helping coach football in the final year Lucy Addison was a high school in 1972.

The following year he moved to William Fleming to begin what would be a 16-year career at the campus-style high school. He taught social studies for 10 years, served as

an assistant principal for six and along the way coached baseball and football, as well as boys and girls basketball with the likes of Sherley Stuart, Dickie Oliver, George "Kila" Miller, James Moore and John McGregor.

"Coaching really prepares you to do a lot of things that most people don't give it credit for doing," he says.

In 1989, the Roanoke City school system gave Campbell a chance to apply those lessons learned in athletics to an entire school as he was named principal at Addison Middle School. He was just settling in after his first year at Addison when he received a career changing call from another one of his former coaching comrades at William Fleming.

"Mike Bryant and I coached together at William Fleming and lived in the same subdivision back in the 1970s," he says. "In the spring of 1990, he gave me a call and told me there might be a job for me over here in Salem."

That job was the principal's position at Andrew Lewis Middle School.

"I've known Jerry for 37 years and I knew that he not only had experience, but was very child oriented," says Bryant. "He came over, interviewed and was the best candidate by far."

"I have nothing but good memories of my time in Roanoke, but Roanoke City is different place to work when compared to Salem. Young people are the focus and the priority here and it's always been that way," he says. "Wayne Tripp asked me what I expected to do if I got this job, and I told him I planned to work until 2004 and retire because at that point my wife and I would be 55-years-old."

But 2004 rolled around and it was time to renovate Andrew Lewis, so Campbell decided to stay on and be a part of the process that would transform the historic landmark on College Ave. into a state-ofthe-art middle school.

"Then once the building was finished, I wasn't about to hand it over to a new principal right away," he says with a chuckle.

By sticking around a few extra years he got to watch three of his former assistant principals at Lewis climb the administration ladder right here in Salem. Alan Seibert became Superintendent,

Margaret Humphrey the principal at South Salem and Forest Jones will take over for Campbell at ALMS on July 1.

"I am extremely proud of the fact that Alan, Margaret and Forest were assistants here and have now moved on to bigger and better things," he says. "Forest is like a sponge in that he listens, pays attention and loves kids, so I feel very comfortable with this choice and I think he will do an excellent job."

They aren't the only folks in education that Campbell has influenced in his life. His wife of 39 years is a lifelong educator known for her outstanding work as a guidance counselor and coach in Botetourt County and all three of their children are also teachers. Dan teaches social studies at Bayside High in Virginia Beach, Kim is a Physical Education teacher at Salem High and Rob is social studies teacher at Glenvar.

"I never thought I would be a principal for 22 years, but I think any time you've been in a job for a long period of time it speaks to the consistency of what you've done," he says. "My goal has always been to do a good job with the young people and my children now try to do the same thing as teachers."

When Campbell signed his first teaching contract in 1972 it was for all of \$6,200. The money and the kids have definitely changed over the years, but his style hasn't wavered.

"I believe young people want to be disciplined and I believe parents expect kids to be disciplined, and I don't think I've changed a whole lot over the years," he says.

"The kids respect you for what you did even though they may not have agreed with it at the time," says Bryant. "Jerry and I have kids who have gone on to become dentists, lawyers and doctors and you always hope that you've had a small part in helping them succeed."

Campbell has been getting affirmation of just that more and more as the years go by.

Two years ago, one of his former players at William Fleming, who is now a successful photographer in Atlanta, dropped by the office to says thanks to Campbell for not giving up on him.

"He told me that every time he got in trouble I should have suspended him, but instead I made him sit down at a desk and do the work that he wouldn't do for his teachers," he says. "He gave me a hug and



YOUR SALEM



told me thanks for not giving up on him."

If he has one regret it's that he was too much of a "yeller" when he coached girls' basketball, but even those young ladies still hold him in high regard. One of his former players, whom he once threatened to cut from the varsity team, recently called to tell him she was being inducted into her college's athletic hall of fame and that she wanted him to present her.

"Every time one of these kids calls me coach, it is a great sense of pride," he says. "I've heard people say that all of us are in education because we weren't smart enough to be doctors, but I wanted to be a teacher ever since I was in the 7th grade. I've loved every minute of it."

- MS



KEEPING UP WITH THE JONESES

orest Jones is all set to take over for Campbell as the new principal at Andrew Lewis Middle School effective July 1, 2011.

"This is a dream come true for me because I truly love Andrew Lewis," he says. "I've been here since I was 11-years-old and the people who taught me are still here. I have the pleasure of working with them on a daily basis, and a great level of trust exists between us, so I couldn't ask for anything more."

Jones knows he will now be the one doing the mentoring, and both Salem's School Board and Superintendent are confident he is ready to do just that.

"Mr. Jones knows the school, he has built strong relationships with the staff and the community, and he possesses both the skills and demeanor necessary to continue developing as a truly exceptional school leader," says Superintendent, Dr. Alan Seibert.

Jones and his family moved to Salem in 1982 when his dad was hired at the recommendation of then Mayor Jim Taliaferro to help oversee the formation and creation

of Salem's very own school division. Jones soon became a successful product of that very system. He was part of the very first sixth grade class at Andrew Lewis and in 1990 he graduated from Salem high school.

Jones then earned his Bachelor's degree in Education and History from Roanoke College, before securing his Master's degree from Hollins University in 2001. He later got his K-12 Administration degree from Radford University and this May, he's set to finish work on a coveted Doctorate degree in Educational Leadership and Policy when he completes those requirements at Virginia Tech.

"I was blessed having great teachers and role models when I was a student, including my parents," he says. "Really, I started out just wanting to teach social studies and coach."

He did just that for 11 years at Lewis before becoming an assistant principal in 2006. He credits both Campbell and former Lewis administrator Mike Akers for molding him as an educator.

Jones also gleaned a great deal about education from his parents, Forest and Betty. His mom taught elementary school for 40 years and while most know his dad as Salem's City Manager from 2000 to 2008, his father spent the majority of his career as an educator, coach and administrator in Campbell and Bedford counties.

"My parents never pushed me into teaching, it was just ingrained in me," he says. "They never had to say anything to me because I could see for myself the special relationships they developed in education."



Teacher the Year in Salem living proof that it's never too late to pursue your dreams.

Andrew Lewis Middle enthusiastic School's and ultra-popular 7th grade science teacher, Sherri Shupe, has been selected to represent the City of Salem School Division as the 2011 Teacher of the Year.

"I don't know that I believe I'm the best of the best, but I do strive to have fun with the kids and teach them what they need to learn in a meaningful way," she says. "It's very exciting to see the light bulbs go off."

At first glance, Shupe's life science class room looks no different than many others at Andrew Lewis. But do a little exploring and you'll find a ball python, a rat, a gecko, hermit crabs, turtles and even some moths.

Salem School Division Teacher of the Year

Sherri Shupe

"The students are very interested in living things at this age and they get very excited about the different species and learning about their life cycles, and

gestation periods," she says.

Shupe has been inspiring students at Andrew Lewis for 16 years with her bright smile and creative talents. She not only brings science to life, but she also sings the national anthem at basketball games, performs with her kids in talent shows and represents the ALMS faculty on several committees.

"Teaching is not just merely what Mrs. Shupe does, it is who she is," says

Superintendent, Dr. Alan Seibert. "Sherri has a teacher's heart, mind, and soul which is why she answered the call to teach."

Shupe is Salem born and Salem bred, but she didn't exactly follow a normal path to higher education. Believe

YOUR SALEM





it or not, the daughter of Roanoke Valley radio legend "King Edward" Smith IV was very shy growing up.



"With two younger siblings I wasn't sure my parents could afford college and, honestly, I was afraid of being rejected, so I never sent in an application," she says. "I didn't start college until I was 28-years-old and I didn't graduate until I was 32 because I was afraid Virginia Tech wouldn't want me," she says.

So, instead she got married at the age of 20, had a daughter seven years later and established life on the home front before beginning her unorthodox, yet successful journey to the classroom as a student at Roanoke College.

"I think my personality started to come out much more and I began to develop the confidence I needed," she says. "My dad's personality was very strong and we couldn't go into Kroger without him being bombarded by people wanting to talk to him. He taught me a lot about how to treat people."

Shupe graduated with a Bachelor of Arts degree in Psychology from Roanoke College in 1993. Her husband, Bob, whom she first met when both were 15-year-old students at Andrew Lewis, works for the college. Their daughter, Stephanie, a Salem high school and Virginia Tech engineering graduate, now works and resides in Texas.

"I try to look at each child individually, and even if they are acting up or not doing their best work I always try to remember that this is somebody's child and someone loves this young person," she says. "I work hard on molding behaviors and getting them to be successful."

"Mrs. Shupe demonstrates daily that by touching a child's heart, letting them know you genuinely care for each and every student, that they will aspire to achieve and accomplish great things," says Seibert.

"She loves teaching, she loves kids and it shows," says Andrew Lewis principal Jerry Campbell. "She wants them to be successful and she will not let them fail."

Shupe was chosen from a list of nominees representing each of Salem's six schools. All six teachers were honored by the School Board at a special reception on March 22. The Teachers of the Year representing the other five Salem schools - MS

Donna Wright

G.W. Carver Elementary

Linda Hall South Salem Elementary

> Fred Campbell Salem High School

Patrice Sanders West Salem Elementary

Lynda Pinello East Salem Elementary



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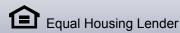
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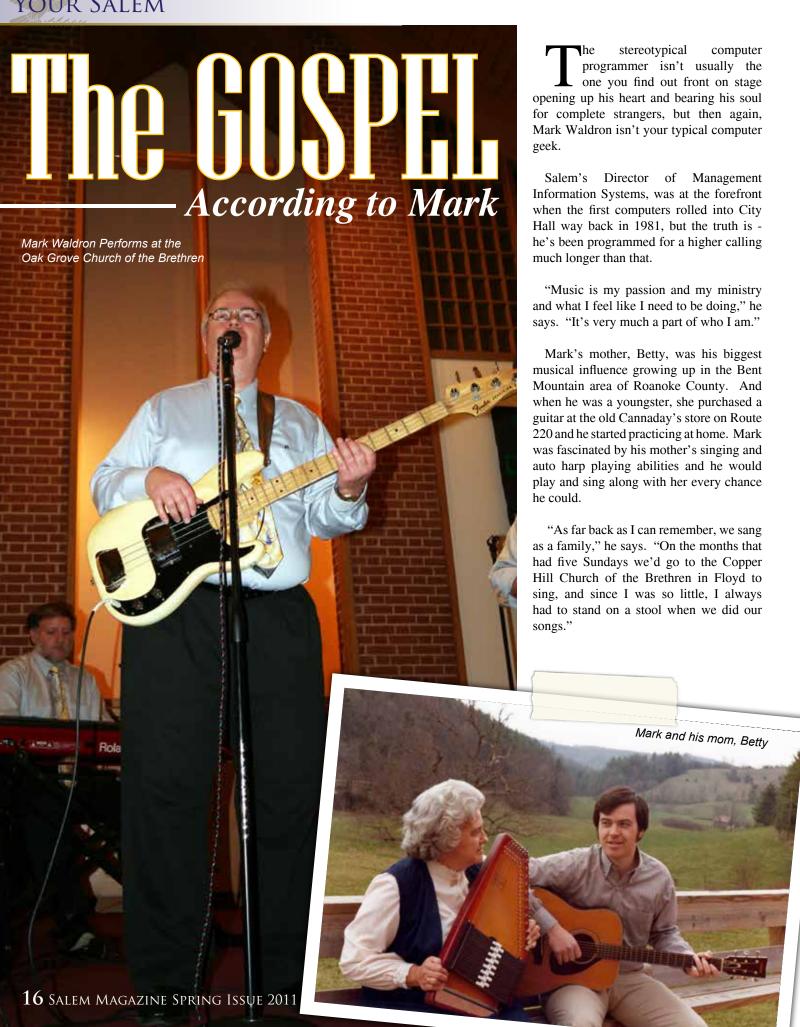
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YOUR SALEM







ON THE ROAD AGAIN

His talent was very evident, even at a young age, and the crystal clear baritone he possessed was far too special to be heard just on occasion. The Waldrons were members of the Mount Union Church of the Brethren and although it was a small congregation, it was big enough to produce a gospel singing group known as the "Happy Hearts."

"We were pretty much a local or regional group that stayed close to home and didn't travel too much farther than Galax," he says.

But soon after the "Flood of 85" the group was singing at a benefit show on the same bill as a number of other gospel groups, including the well-known Virginians Gospel Quartet. The night of that flood relief performance the leader of the headlining group heard Mark sing and asked him if he would like join their touring group to sing and play bass guitar in a big-time professional group.

"Well, nothing I've ever done singingwise has been professional," he jokes. "But I got on a bus with them in January of 1986 and hit the road."

The members of the Virginians would sing close to 40 weekends a year while still maintaining their regular Monday through Friday jobs, and Waldron kept up that pace for 17 straight years.

"I remember a lady asking my daughter, Courtney, when she was little if she wished her daddy would quit that old singing and she told the lady, 'No ma'am, my daddy is doing what he's supposed to be doing," he

The members of the group traveled in an old 1957 GMC diesel bus that had eight bunk beds in the back, but not a single seat belt in the front. It was a customized tour bus, but only to a point in that it had air conditioning, but no bathroom facilities.

"That old bus would eat up half of what we took in just keeping it on the road," says Waldron.

It wasn't unusual for the group to put a thousand miles or more on the bus in a single weekend. The members normally did at least three shows on a Saturday and Sunday stretch, as they spread their uplifting, witnessing message from South Carolina to Pennsylvania to Ohio.

"We never charged anyone to come and sing," he says. "It was always faith-based with a love offering and sometimes we got a whole lot more love than money, but God always made up the difference."

When the Virginians finally took the bus off the road and retired in December of 2002, Waldron wasn't ready to quit singing and spreading the gospel, so he formed the group "Beckon Call" in 2003. The group's touring schedule isn't nearly as rigorous, but he's still singing in churches all across Virginia at least four times a month.

"It's still fulfilling for me, if not more so now," he says. "We're able to spend more time in our home churches, but still travel some, so it's really the best of both worlds."

HARD DRIVING TO **HARD DRIVES**

Waldron graduated from Cave Spring in 1973 and moonlighted at United Virginia bank as he worked his way through Virginia Western taking data processing classes. He eventually got his degree from Western and his wife of 35 years, Donna, who also was a student there at the time.

In 1978, he went to work for Roanoke County schools as a programmer and quickly moved up the ladder and became the director of the school division's data processing division in 1980. He had barely settled into his new office when Frank Cosby approached him about doing the same type of work for the brand new City of Salem School division.

In November of 1981, he came to Salem and inherited a state-of-the-art character based computer system that featured disc drives as big as dish washers and a storage capacity that was hardly worth discussing. The city's entire computing system consisted of 160 megabytes, or about 12 times less than that of a little iPod shuffle.

YOUR SALEM

"The disc drives alone were bigger than a record player and the software was very hard to work with, so we started writing our own programs and bringing things inhouse for payroll and other services around 1982," says Waldron.

VOICE MALE

He's now been with the city 30 years and he still oversees the software for most of the financial functions for both the city and the school division for a variety of tasks from payroll to collections. He also gladly shares his musical talents whenever the city needs them. When the children from Total Action Against Poverty make their way through City Hall during the Christmas season, Waldron is the one wearing the bright red and green cap and singing Jingle Bells with the kids.

"God gives us all gifts and I feel like singing and playing music are my gifts," he says.

The TAP kids and the thousands of adults he's touched over the years are thankful he's been willing to share those gifts. Besides performing LIVE, he's recorded more than a dozen CDs including two with his mother and three with

The infamous 1957 **GMC Tour Bus**

"Beckon Call." And the truth is - people of all ages appreciate his talents.

Proof of that came just a few weeks ago when the members of "Beckon Call" were closing out a two-performance Sunday that started with a 4 a.m. drive to Louisa County and ended with a show in Bedford that wrapped up around suppertime.

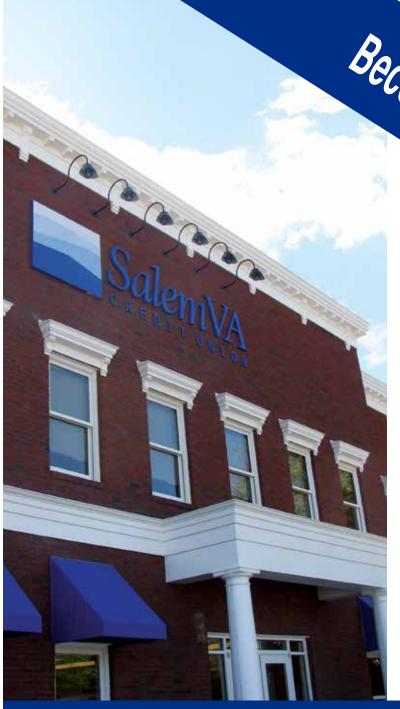
"We were grabbing a quick bite to eat on the way home

Wendy's on 460 when this man came up and thanked us for our ministry," he says. "We're not out here doing it for the money or for the show, so when people tell us they appreciate what we do for the smaller churches - we really take that to heart. It lifts us up and energizes us."

Kind of like a computer upgrade.

- MS





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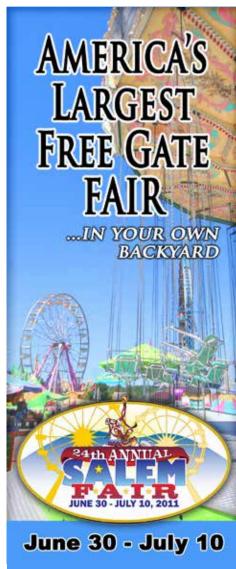
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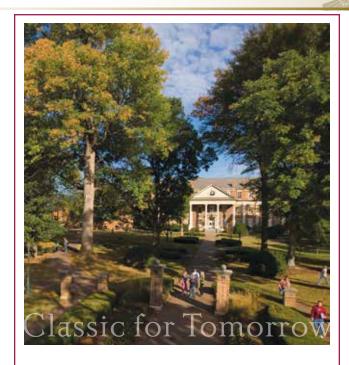
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MEMORIAL DAY (MAY 30)

Monday - May 30 - Routes Collected Tuesday (5/31) Tuesday, Wednesday, Thursday & Friday Routes unchanged

INDEPENDENCE DAY (JULY 4)

MONDAY - JULY 4 - ROUTES COLLECTED TUESDAY (7/5)
TUESDAY, WEDNESDAY, THURSDAY & FRIDAY ROUTES UNCHANGED

LABOR DAY (SEPTEMBER 5)

MONDAY - SEPT. 5 - ROUTES COLLECTED TUESDAY (9/6) TUESDAY, WEDNESDAY, THURSDAY & FRIDAY ROUTES UNCHANGED

VETERANS DAY (NOVEMBER 11)

FRIDAY - NOVEMBER 11 - ROUTES COLLECTED WEDNESDAY (11/9) MONDAY, TUESDAY, WEDNESDAY & THURSDAY ROUTES UNCHANGED

THANKSGIVING DAY (NOVEMBER 24)

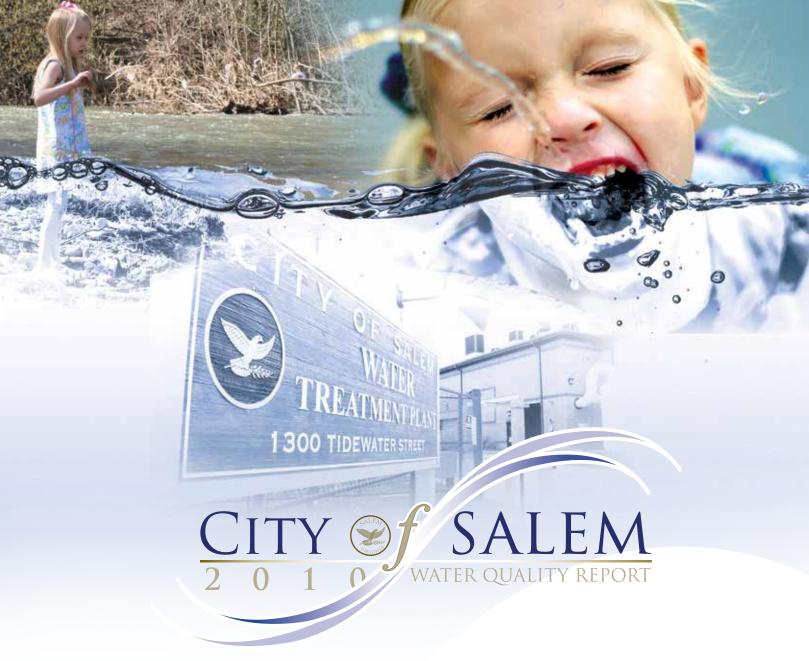
Thursday - November 24 - Routes Collected Monday (11/21) Friday - Nov. 25 - Routes Collected on Tuesday (11/22) Monday, Tuesday & Wednesday Routes unchanged

CHRISTMAS WEEK

MONDAY - DEC. 26 - ROUTES COLLECTED TUESDAY (12/27) TUESDAY, WEDNESDAY, THURSDAY & FRIDAY ROUTES UNCHANGED

NEW YEAR'S WEEK 2012

MONDAY - JAN. 2 - ROUTE COLLECTED TUESDAY (1/3) TUESDAY, WEDNESDAY, THURSDAY & FRIDAY ROUTES UNCHANGED



We're pleased to present to you this year's Annual Water Quality Report. This report is designed to inform you about the quality of water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water. Our water source is the Roanoke River, and three (3) ground water wells. In emergency situations we purchase or exchange water with the Western Virginia Water Authority (WVWA) which is treated water from the Spring Hollow Reservoir, Carvins Cove and Crystal Springs.

The Virginia Department of Health has completed a source water assessment for our waterworks system. This assessment provides information on

possible sources of contamination to our source water. As determined by the source water assessment, the possibility of contamination to our water source (Roanoke River) is high. This is due to the fact that surface water is exposed to an inconsistent array of contaminants at varying concentrations due to changing hydrologic, hydraulic and atmospheric conditions with land use activities of concern in the assessment area. To view a copy of this water assessment, please contact the City of Salem Water Department office at 540-375-3029.

Please remember that we need your help in the protection of this valuable water resource.

WHAT'S NEW?

During the past year the Salem Water Department completed its ongoing monitoring of all source water locations for Cryptosporidium and Giardia lamblia (no.4, no.5). We constantly monitor for various constituents in the water supply to meet all regulatory requirements. Monitoring these sites in the distribution system helps us to better protect public health.

WHO CAN I CONTACT?

This report shows our water quality and what it means.

If you have any questions concerning this report or your water utility, please contact

Frank Young – Chief Filter Plant Operator, Marcus Potts – Chemist, or Caleb Taylor – Director of the Water and Sewer Department at 540-375-3029. We want our valued customers to be informed about their water utility. If you want to learn more, please attend any of the regularly scheduled City Council meetings. They are held on the second and fourth Monday of each month in council chambers.

The City of Salem Water Department routinely monitors for constituents in your drinking water mandated by Federal and State laws. The following table shows the results of our monitoring for the period of January 1st to December 31st, 2010. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some constituents. It's important to remember that the presence of these constituents does not necessarily pose a health risk.

In the following table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

Non-Detects (ND) - laboratory analysis indicates that the constituent is not present.

Parts per million (ppm) or Milligrams per liter (mg/l) - one part per million corresponds to one minute in two years or

a single penny in \$10,000.

Parts per billion (ppb) or Micrograms per liter - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.

Parts per trillion (ppt) or Nanograms per liter (nanograms/l) - one part per trillion corresponds to one minute in 2,000,000 years, or a single penny in \$10,000,000,000.

Parts per quadrillion (ppq) or Picograms per liter (picograms/l) - one part per quadrillion corresponds to one minute in 2,000,000,000 years or one penny in \$10,000,000,000,000.

Picocuries per liter (pCi/L) - picocuries per liter is a measure of the radioactivity in water.

Millirems per year (mrem/yr) - measure of radiation absorbed by the body.

Million Fibers per Liter (MFL) - million fibers per liter is a measure of the presence of asbestos fibers that are longer than 10 micrometers.

Nephelometric Turbidity Unit (NTU) - nephelometric turbidity unit is a measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person.

Action Level - The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Treatment Technique (TT) - A treatment technique is a required process intended to reduce the level of a contaminant in drinking water.

Maximum Contaminant Level - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal -The "Goal" (MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

TEST RESULTS									
Contaminant	Violation Y/N	Level Detected	Unit Measurement	MCLG	MCL	Likely Source of Contamination			
Microbiological Contaminants									
1. Total Coliform Bacteria	N	3 samples	P/A	0	presence of coliform bacteria > 5% of monthly samples	Naturally present in the environment			
2. Fecal coliform and <i>E.coli</i>	N	0	P/A	0	a routine sample and repeat sample are total coliform positive, and one is also fecal coliform or E. coli positive	Human and animal fecal waste			
3. Turbidity	N	0.014- 0.083	NTU	n/a	0.3	Soil runoff			
4. Cryptosporidium	N	1-2	Oocysts per 10 liters	0	99% removal by filtration plus addition as required under the LT2ESWTR	Human and animal fecal waste THIS IS UNTREATED WATER!!			
5. Giardia lamblia	N	2-7	Cysts per 10 liters	0	99.9% removal or inactivation	Human and animal fecal waste THIS IS UNTREATED WATER!!!			
I	Radioa	ctive Co	ontaminar	its (Mo	st Recent Mo	nitoring Period 2008)			
6. Beta/photon emitters	N	2.2	mrem/yr	0	4	Decay of natural and man-made deposits			

7. Alpha emitters	N	0.7	pCi/1	0	15	Erosion of natural deposits		
8. Combined radium	N	0.5	pCi/1	0	5	Erosion of natural deposits		
Inorganic Contaminants								
9. Antimony	N	< 2	ppb	6	6	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder		
10. Arsenic	N	< 2	ppb	n/a	10	Erosion of natural deposits; runoff from orchards; runoff from glass and electronics production wastes		
11. Aluminum	N	0.127	ppm	0.05- 0.20	0.20	Metal used in electrical conductors, explosives, paints, photography, utensils		
12. Barium	N	0.039	ppm	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits		
13. Beryllium	N	< 2	ppb	4	4	Discharge from metal refineries and coal-burning factories; discharge from electrical, aerospace, and defense industries		
14. Cadmium	N	< 2	ppb	5	5	Corrosion of galvanized pipes; erosion of natural deposits; discharge from metal refineries; runoff from waste batteries and paints		
15. Chromium	N	< 10	ppb	100	100	Discharge from steel and pulp mills; erosion of natural deposits		
16. Copper	N	0.0055 -0.1250	ppm	1.3	AL=1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives		
17. Silver	N	<0.01	ppm	n/a	0.10	Naturally occurring in environment		
18. Chloride	N	14.1	ppm	n/a	250	Naturally occurring in environment		
19. Sulfate	N	18.0	ppm	n/a	250	Naturally occurring in environment		
20. pH	N	7.1-8.0	pH units	n/a	6.6 – 8.5	Acidity or basicity of water		
21. Total dissolved solids	N	180	ppm	n/a	500	Physical property of water		
22. Iron	N	< 0.05	ppm	n/a	0.3	Naturally occurring in environment		
23. Manganese	N	< 0.01	ppm	n/a	0.05	Naturally occurring in environment		
24. Nickel	N	< 0.01	ppm	n/a	0.1	Naturally occurring in environment, Used in alloys, protective coatings		
25. Zinc	N	< 0.01	ppm	n/a	5	Naturally occurring in environment, Used in alloys, batteries, fungicides		
26. Color	N	<5	Color units	n/a	15	Physical property of water		
27. Sodium	N	5.86	ppm	n/a	n/a	Naturally occurring in environment		
28.Chlorine	N	0.85-1.75 (1.35)	ppm	4	4	Required disinfectant added during the treatment process to eliminate bacteria		
29. Fluoride	N	0.63-1.04	ppm	4	4	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories		
30. Lead	N	0.0002- 0.0062	ppm	0	AL=0.015	Corrosion of household plumbing systems, erosion of natural deposits		
31. Mercury (inorganic)	N	< 0.2	ppb	2	2	Erosion of natural deposits; discharge from refineries and factories; runoff from landfills; runoff from cropland		
32. Nitrate/Nitrite (as Nitrogen)	N	0.28	ppm	10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits		
33. Ortho Phosphate	N	<0.05	ppm	n/a	n/a	Used in drinking water treatment		
34. Selenium	N	< 0.01	ppm	0.05	0.05	Discharge from petroleum and metal refineries; erosion of natural deposits; discharge from mines		
35. Thallium	N	< 2	ppb	0.5	2	Leaching from ore-processing sites; discharge from electronics, glass, and drug factories		
36. Hardness	n/a	136-244	ppm	n/a	n/a	Primary dissolved limestone minerals from soil and rock materials		
37. Alkalinity	n/a	88-187	ppm	n/a	n/a	Primary dissolved limestone minerals from soil and rock materials		
	Syn	thetic Orga			luding Pesticid	les and Herbicides 09)		
38. 2,4-D	N	< 0.5	ppb	70	70	Runoff from herbicide used on row crops		
	I		<u> </u>	ı	<u> </u>			

39. 2,4,5-TP (Silvex)	N	< 0.5	ppb	50	50	Residue of banned herbicide		
40. Carbaryl	N	< 2	ppb	0	700	A pesticide used on forest lands		
41. Alachlor	N	< 0.1	ppb	0	2	Runoff from herbicide used on row crops		
42. Atrazine	N	< 0.5	ppb	3	3	Runoff from herbicide used on row crops		
43. Benzo(a)pyrene (PAH)	N	< 0.05	nanograms/l	0	200	Leaching from linings of water storage tanks and distribution lines		
44. Carbofuran	N	< 2	ppb	40	40	Leaching of soil fumigant used on rice and alfalfa		
45. Chlordane	N	< 0.2	ppb	0	2	Residue of banned termiticide		
46. Dalapon	N	< 2.5	ppb	200	200	Runoff from herbicide used on rights of way		
47. Di(2-ethylhexyl) adipate	N	< 1	ppb	400	400	Discharge from chemical factories		
48. Di(2-ethylhexyl) phthalate	N	< 2	ppb	0	6	Discharge from rubber and chemical factories		
49. Dibromochloropropane	N	< 20	nanograms/1	0	200	Runoff/leaching from soil fumigant used on soybeans, cotton, pineapples, and orchards		
50. Dinoseb	N	< 0.5	ppb	7	7	Runoff from herbicide used on soybeans and vegetables		
51. Diquat	N	< 5	ppb	20	20	Runoff from herbicide use		
52. Methomyl	N	< 2	ppb	0	200	Broad spectrum insecticide		
53. Aldicarb Sulfoxide	N	< 2	ppb	0	4	Runoff from insecticide use, applied directly to soil		
54. Aldicarb Sulfone	N	< 2	ppb	0	2	Runoff from insecticide use, applied directly to soil		
55. Aldicarb	N	< 2	ppb	0	3	Runoff from insecticide use,applied directly to soil		
56. Ethylene dibromide	N	< 10	nanograms/1	0	50	Discharge from petroleum refineries		
57. Dicamba	N	< 0.5	ppb	200	200	Runoff from herbicide use		
58. Heptachlor	N	< 0.05	nanograms/1	0	400	Residue of banned termiticide		
59. Heptachlor epoxide	N	< 0.05	nanograms/1	0	200	Breakdown of heptachlor		
60. Hexachlorobenzene	N	< 0.1	ppb	0	1	Discharge from metal refineries and agricultural chemical factories		
61. Hexachlorocyclo- pentadiene	N	< 0.5	ppb	50	50	Discharge from chemical factories		
62. Lindane	N	< 0.1	nanograms/l	200	200	Runoff/leaching from insecticide used on cattle, lumber, gardens		
63. Methoxychlor	N	< 0.1	ppb	40	40	Runoff/leaching from insecticide used on fruits, vegetables, alfalfa, livestock		
64. Oxamyl [Vydate]	N	< 2	ppb	200	200	Runoff/leaching from insecticide used on apples, potatoes and tomatoes		
65. PCBs [Polychlorinated biphenyls]	N	< 0.2	nanograms/1	0	500	Runoff from landfills; discharge of waste chemicals		
66. Pentachlorophenol	N	< 0.05	ppb	0	1	Discharge from wood preserving factories		
67. Picloram	N	< 0.5	ppb	500	500	Herbicide runoff		
68. Simazine	N	< 0.5	ppb	4	4	Herbicide runoff		
69. Toxaphene	N	< 1	ppb	0	3	Runoff/leaching from insecticide used on cotton and cattle		
Veletile Ouganie Conteminants								

Volatile Organic Contaminants									
70. Benzene	N	< 0.5	ppb	0	5	Discharge from factories; leaching from gas storage tanks and landfills			

71. Carbon tetrachloride	N	< 0.5	ppb	0	5	Discharge from chemical plants and other industrial activities
72. Chlorobenzene	N	< 0.5	ppb	100	100	Discharge from chemical and agricultural chemical factories
73. o-Dichlorobenzene	N	< 0.5	ppb	600	600	Discharge from industrial chemical factories
74. p-Dichlorobenzene	N	< 0.5	ppb	75	75	Discharge from industrial chemical factories
75. 1,2 - Dichloroethane	N	< 0.5	ppb	0	5	Discharge from industrial chemical factories
76. 1,1 - Dichloroethylene	N	< 0.5	ppb	7	7	Discharge from industrial chemical factories
77. cis-1,2- Dichloroethylene	N	< 0.5	ppb	70	70	Discharge from industrial chemical factories
78. trans - 1,2 -Dichloroethylene	N	< 0.5	ppb	100	100	Discharge from industrial chemical factories
79. Dichloromethane	N	< 0.5	ppb	0	5	Discharge from pharmaceutical and chemical factories
80. 1,2-Dichloropropane	N	< 0.5	ppb	0	5	Discharge from industrial chemical factories
81. Ethylbenzene	N	< 0.5	ppb	700	700	Discharge from petroleum refineries
82. Styrene	N	< 0.5	ppb	100	100	Discharge from rubber and plastic factories; leaching from landfills
83. Tetrachloroethylene	N	< 0.5	ppb	0	5	Leaching from PVC pipes; discharge from factories and dry cleaners
84. 1,2,4 -Trichlorobenzene	N	< 0.5	ppb	70	70	Discharge from textile-finishing factories
85. 1,1,1 - Trichloroethane	N	< 0.5	ppb	200	200	Discharge from metal degreasing sites and other factories
86. 1,1,2 -Trichloroethane	N	< 0.5	ppb	3	5	Discharge from industrial chemical factories
87. Trichloroethylene	N	< 0.5	ppb	0	5	Discharge from metal degreasing sites and other factories
88. TTHM [Total trihalomethanes]	N	10-38	ppb	0	80	By-product of drinking water chlorination
89. HAA5 [Haloacetic acids]	N	7-50	ppb	n/a	60	By-product of drinking water chlorination
90. Toluene	N	< 0.5	ppm	1	1	Discharge from petroleum factories
91. Vinyl Chloride	N	< 0.5	ppb	0	2	Leaching from PVC piping; discharge from plastics factories
92. Xylenes	N	< 0.5	ppm	10	10	Discharge from petroleum factories; discharge from chemical

Total Organic Carbon								
93. Total Organic Carbon	N	1.24 – 1.77	ppm	n/a	Treatment Technique (see note #93)	Naturally present in the environment		

Microbiological Contaminants:

- (1) Total Coliform. Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially-harmful, bacteria may be present.
- (2) Fecal coliform/E.Coli. Fecal coliforms and E. coli are bacteria whose presence indicates that the water may be contaminated with human or animal wastes. Microbes in these wastes can cause short-term effects, such as diarrhea, cramps, nausea, headaches, or other symptoms. They may pose a special health risk for infants, young children, and people with severely compromised immune systems.
- (3) Turbidity. Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea, and associated headaches.
- (4) Cryptosporidium. Pathogenic protozoa that is widely distributed in nonpotable water supplies. This organism can cause gastrointestinal illness (e.g. diarrhea, vomiting, cramps).

(5) Giardia lamblia. Pathogenic protozoa that is widely distributed in nonpotable water supplies. This organism can cause gastrointestinal illness (e.g. diarrhea, vomiting, cramps).



Radioactive Contaminants:

- (6) Beta/photon emitters. Certain minerals are radioactive and may emit forms of radiation known as photons and beta radiation. Some people who drink water containing beta and photon emitters in excess of the MCL over many years may have an increased risk of getting cancer.
- (7) Alpha emitters. Certain minerals are radioactive and may emit a form of radiation known as alpha radiation. Some people who drink water containing alpha emitters in excess of the MCL over many years may have an increased risk of getting cancer.
- (8) Combined Radium 226/228. Some people who drink water containing radium 226 or 228 in excess of the MCL over many years may have an increased risk of getting cancer.

Inorganic Contaminants:

- (9) Antimony. Some people who drink water containing antimony well in excess of the MCL over many years could experience increases in blood cholesterol and decreases in blood sugar.
- (10) Arsenic. Some people who drink water containing arsenic in excess of the MCL over many years could experience skin damage or problems with their circulatory system, and may have an increased risk of getting cancer.
- (11) Aluminum. People at risk for health problems include dialysis patients. Symptoms of chronic aluminum exposure include softening of the bones and brain dysfunction.
- (12) Barium. Some people who drink water containing barium in excess of the MCL over many years could experience an increase in their blood pressure.

- (13) Beryllium. Some people who drink water containing beryllium well in excess of the MCL over many years could develop intestinal lesions.
- (14) Cadmium. Some people who drink water containing cadmium in excess of the MCL over many years could experience kidney damage.
- (15) Chromium. Some people who use water containing chromium well in excess of the MCL over many years could experience allergic dermatitis.
- (16) Copper. Copper is an essential nutrient, but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience gastrointestinal distress. Some people who drink water containing copper in excess of the action level over many years could suffer liver or kidney damage. People with Wilson's Disease should consult their personal doctor.
- (17) Silver. Since silver is not a health benefit for living organisms in any way, the body has a low capacity for absorbing it. Low amounts of ionic silver water intake are not harmful or life threatening in any way, but large intakes can prove to be extremely toxic. Water guidelines suggest an incredibly low amount of silver within drinking water because a high concentration of silver water can bond while boiling and create silver oxide. Silver water that contains silver nitrate can be even more harmful and cause dizziness, diarrhea, and vomiting.
- (18) Chloride. Chlorides are not usually not harmful to people, however they can corrode metals and effect the taste of food products.
- (19) Sulfate. Health concerns regarding sulfate in drinking water have been raised because of reports that diarrhea may be associated with the ingestion of water containing high levels of sulfate.
- (20) pH. The U.S. E.P.A. does not regulate pH levels in drinking water, it is classified as a secondary water contaminant whose impact is considered aesthetic.
- (21) Total dissolved solids. Total dissolved solids can give water a murky appearance and detract from the taste quality of the water.
- (22) Iron. Elevated iron levels in water can cause stains in plumbing, laundry, and cooking utensils, and can impart objectionable tastes and colors to food.
- (23) Manganese. Elevated manganese levels in water can cause stains in plumbing, laundry, and cooking utensils. Upon exposure to air or other oxidants, manganese will usually precipitate black.
- (24) Nickel. Nickel is not known to cause any

- health problems when people are exposed to levels above the MCL for relatively short periods of time
- (25) Zinc. Harmful effects generally begin at levels 10-15 times higher than the amount needed for good health. Large doses taken by mouth even for a short time can cause stomach cramps, nausea, and vomiting.
- (26) Color. Color in drinking water is classified as a secondary water contaminant whose impact is considered aesthetic.
- (27) Sodium. An essential element required for normal body function including nerve impulse transmission, fluid regulation, and muscle contraction and relaxation. However, in excess amounts, sodium increases individual risk of hypertension, heart disease, and stroke. One of the chief sources of sodium is the consumption of salt; therefore salt restrictions are often recommended as a first-line of treatment for individuals suffering from these conditions.
- (28) Chlorine. Some people who use drinking water containing chlorine well in excess of EPA's standard could experience irritating effects to their eyes and nose and stomach discomfort.
- (29) Fluoride. Some people who drink water containing fluoride in excess of the MCL over many years could get bone disease, including pain and tenderness of the bones. Children may get mottled teeth.
- (30) Lead. Infants and children who drink water containing lead in excess of the action level could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink this water over many years could develop kidney problems or high blood pressure. If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The City of Salem Water Department is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap 15 to 30 seconds or until it becomes cold or reaches a steady temperature before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your tested. Information on lead in drinking, testing methods, and steps you can take to minimize exposure is available from the Safe Drinking Water Hotline or at http://ww.epa.gov./safewater/lead.
- (31) Mercury (inorganic). Some people who drink water containing inorganic mercury well in excess of the MCL over many years could experience kidney damage.

- (32) Nitrate. Infants below the age of six months who drink water containing nitrate in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue-baby syndrome.
- (33) Orthophosphate. A commonly used corrosion inhibitor that is added to finished drinking water. Orthophosphate works by forming a protective coating inside of pipes in the distribution system and in customer homes to prevent lead from leaching into drinking water. It is approved for use in drinking water treatment by the USEPA, and certified by the National Sanitation Federation. It is not used at the City of Salem Water Plant.
- (34) Selenium. Selenium is an essential nutrient. However, some people who drink water containing selenium in excess of the MCL over many years could experience hair or fingernail losses, numbness in fingers or toes, or problems with their circulation.
- (35) Thallium. Some people who drink water containing thallium in excess of the MCL over many years could experience hair loss, changes in their blood, or problems with their kidneys, intestines, or liver.
- (36) Hardness. Hardness does not pose a health risk and is not regulated by state or federal agencies. It often causes aesthetic problems, such as scaling on pipes and fixture; lowers detergent performance.
- (37) Alkalinity. High alkalinity does not pose a health risk, but can cause aesthetic problems.

Synthetic organic contaminants including pesticides and herbicides:

- (38) 2,4-D. Some people who drink water containing the weed killer 2,4-D well in excess of the MCL over many years could experience problems with their kidneys, liver, or adrenal glands.
- (39) 2,4,5-TP (Silvex). Some people who drink water containing silvex in excess of the MCL over many years could experience liver problems.
- (40) Carbaryl. Carbaryl may reduce learning ability and aggravate viral diseases.
- (41) Alachlor. Some people who drink water containing alachlor in excess of the MCL over many years could have problems with their eyes, liver, kidneys, or spleen, or experience anemia, and may have an increased risk of getting cancer.
- (42) Atrazine. Some people who drink water containing atrazine well in excess of the MCL over many years could experience problems with their cardiovascular system or reproductive difficulties.

- (43) Benzo(a)pyrene [PAH]. Some people who drink water containing benzo(a)pyrene in excess of the MCL over many years may experience reproductive difficulties and may have an increased risk of getting cancer.
- (44) Carbofuran. Some people who drink water containing carbofuran in excess of the MCL over many years could experience problems with their blood, or nervous or reproductive systems.
- (45) Chlordane. Some people who drink water containing chlordane in excess of the MCL over many years could experience problems with their liver or nervous system, and may have an increased risk of getting cancer.
- (46) Dalapon. Some people who drink water containing dalapon well in excess of the MCL over many years could experience minor kidney changes.
- (47) Di (2-ethylhexyl) adipate. Some people who drink water containing di (2-ethylhexyl) adipate well in excess of the MCL over many years could experience general toxic effects or reproductive difficulties.
- (48) Di (2-ethylhexyl) phthalate. Some people who drink water containing di (2-ethylhexyl) phthalate in excess of the MCL over many years may have problems with their liver, or experience reproductive difficulties, and may have an increased risk of getting cancer.
- (49) Dibromochloropropane (DBCP). Some people who drink water containing DBCP in excess of the MCL over many years could experience reproductive difficulties and may have an increased risk of getting cancer.
- (50) Dinoseb. Some people who drink water containing dinoseb well in excess of the MCL over many years could experience reproductive difficulties.
- (51) Diquat. Some people who drink water containing diquat in excess of the MCL over many years could get cataracts.
- (52) Methomyl. Repeated exposure to methomyl may cause an unsuspected inhibition of cholinesterase, resulting in flu-like symptoms, such as weakness, lack of appetite, and muscle aches.
- (53) Aldicarb Sulfoxide. The primary route of human exposure to aldicarb sulfoxide is consumption of food and of contaminated water especially wells. There may be adverse immune system effects associated with long term ingestion of aldicarb sulfoxide.
- (54) Aldicarb Sulfone. The primary route of human exposure to aldicarb sulfone is consumption of food and of contaminated water especially wells. There may be adverse immune system effects associated with long term ingestion of aldicarb sulfone.



- (55) Aldicarb. The primary route of human exposure to aldicarb is consumption of food and of contaminated water especially wells. There may be adverse immune system effects associated with long term ingestion of aldicarb.
- (56) Ethylene dibromide. Some people who drink water containing ethylene dibromide in excess of the MCL over many years could experience problems with their liver, stomach, reproductive system, or kidneys, and may have an increased risk of getting cancer.
- (57) Dicamba. Chronic exposure to dicamba can lead to the lost of appetite, vomiting, shortness of breath, and bluing of the skin and gums.
- (58) Heptachlor. Some people who drink water containing heptachlor in excess of the MCL over many years could experience liver damage and may have an increased risk of getting cancer.
- (59) Heptachlor epoxide. Some people who drink water containing heptachlor epoxide in excess of the MCL over many years could experience liver damage, and may have an increased risk of getting cancer.
- (60) Hexachlorobenzene. Some people who drink water containing hexachlorobenzene in excess of the MCL over many years could experience problems with their liver or kidneys, or adverse reproductive effects, and may have an increased risk of getting cancer.
- (61) Hexachlorocyclopentadiene. Some people who drink water containing hexachlorocyclopentadiene well in excess of the MCL over many years could experience problems with their kidneys or stomach.
- (62) Lindane. Some people who drink water containing lindane in excess of the MCL over many years could experience problems with their kidneys or liver.
- (63) Methoxychlor. Some people who drink water containing methoxychlor in excess of the MCL over many years could experience reproductive difficulties.



- (64) Oxamyl [Vydate]. Some people who drink water containing oxamyl in excess of the MCL over many years could experience slight nervous system effects.
- (65) PCBs [Polychlorinated biphenyls]. Some people who drink water containing PCBs in excess of the MCL over many years could experience changes in their skin, problems with their thymus gland, immune deficiencies, or reproductive or nervous system difficulties, and may have an increased risk of getting cancer.
- (66) Pentachlorophenol. Some people who drink water containing pentachlorophenol in excess of the MCL over many years could experience problems with their liver or kidneys, and may have an increased risk of getting cancer.
- (67) Picloram. Some people who drink water containing picloram in excess of the MCL over many years could experience problems with their liver.
- (68) Simazine. Some people who drink water containing simazine in excess of the MCL over many years could experience problems with their blood.
- (69) Toxaphene. Some people who drink water containing toxaphene in excess of the MCL over many years could have problems with their kidneys, liver, or thyroid, and may have an increased risk of getting cancer.

Volatile Organic Contaminants:

- (70) Benzene. Some people who drink water containing benzene in excess of the MCL over many years could experience anemia or a decrease in blood platelets, and may have an increased risk of getting cancer.
- (71) Carbon Tetrachloride. Some people who drink water containing carbon tetrachloride in excess of the MCL over many years could experience problems with their liver and may have an increased risk of getting cancer.
- (72) Chlorobenzene. Some people who drink water containing chlorobenzene in excess of the MCL over many years could experience problems with their liver or kidneys.
- (73) o-Dichlorobenzene. Some people who

- drink water containing o-dichlorobenzene well in excess of the MCL over many years could experience problems with their liver, kidneys, or circulatory systems.
- (74) p-Dichlorobenzene. Some people who drink water containing p-dichlorobenzene in excess of the MCL over many years could experience anemia, damage to their liver, kidneys, or spleen, or changes in their blood.
- (75) 1,2-Dichloroethane. Some people who drink water containing 1,2-dichloroethane in excess of the MCL over many years may have an increased risk of getting cancer.
- (76) 1,1-Dichloroethylene. Some people who drink water containing 1,1-dichloroethylene in excess of the MCL over many years could experience problems with their liver.
- (77) cis-1,2-Dichloroethylene. Some people who drink water containing cis-1,2-dichloroethylene in excess of the MCL over many years could experience problems with their liver.
- (78) trans-1,2-Dicholoroethylene. Some people who drink water containing trans-1,2-dichloroethylene well in excess of the MCL over many years could experience problems with their liver.
- (79) Dichloromethane. Some people who drink water containing dichloromethane in excess of the MCL over many years could have liver problems and may have an increased risk of getting cancer.
- (80) 1,2-Dichloropropane. Some people who drink water containing 1,2-dichloropropane in excess of the MCL over many years may have an increased risk of getting cancer.
- (81) Ethylbenzene. Some people who drink water containing ethylbenzene well in excess of the MCL over many years could experience problems with their liver or kidneys.
- (82) Styrene. Some people who drink water containing styrene well in excess of the MCL over many years could have problems with their liver, kidneys, or circulatory system.
- (83) Tetrachloroethylene. Some people who drink water containing tetrachloroethylene in excess of the MCL over many years could have problems with their liver, and may have an increased risk of getting cancer.
- (84) 1,2,4-Trichlorobenzene. Some people who drink water containing 1,2,4-trichlorobenzene well in excess of the MCL over many years could experience changes in their adrenal glands.
- (85) 1,1,1,-Trichloroethane. Some people who drink water containing 1,1,1-trichloroethane in excess of the MCL over many years could experience problems with their liver, nervous

- system, or circulatory system.
- (86) 1,1,2-Trichloroethane. Some people who drink water containing 1,1,2-trichloroethane well in excess of the MCL over many years could have problems with their liver, kidneys, or immune systems.
- (87) Trichloroethylene. Some people who drink water containing trichloroethylene in excess of the MCL over many years could experience problems with their liver and may have an increased risk of getting cancer.
- (88) TTHMs [Total Trihalomethanes]. Some people who drink water containing trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidneys, or central nervous systems, and may have an increased risk of getting cancer.
- (89) HAA5s [Haloacetic acids]. Some people who drink water containing haloacetic acids in excess of the MCL over many years may experience problems with their liver, kidneys, or central nervous systems, and may have an increased risk of getting cancer.
- (90) Toluene. Some people who drink water containing toluene well in excess of the MCL over many years could have problems with their nervous system, kidneys, or liver.
- (91) Vinyl Chloride. Some people who drink water containing vinyl chloride in excess of the MCL over many years may have an increased risk of getting cancer.
- (92) Xylenes. Some people who drink water containing xylenes in excess of the MCL over many years could experience damage to their nervous system.
- (93) Total Organic Carbon. A parameter that is monitored to determine the probability of disinfection by-product formation (TTHMs no.88 and HAAs no.89) exceeding the MCL. Treatment Technique: The annual average removal ratio is ≥ 1.0 .

WHAT DOES THIS MEAN?

As you can see by the table, our system had no violations. We're proud that your drinking water meets or exceeds all Federal and State requirements. We have learned through our monitoring and testing that some constituents have been detected. The USEPA has determined that your water IS SAFE at these levels. In order to ensure that tap water is safe to drink, USEPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. (MCL's are set by the U.S. Environmental Protection Agency. In developing the standards EPA assumes that the average adult drinks two (2) liters of water each

day throughout a 70-year life span. The USEPA generally sets MCL's at levels that will result in no adverse health effects for some contaminants or a onein-ten-thousand to one-in-a-million chance of having the described health effect for other contaminants.) Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same public health protection. This table lists contaminants that had some level of detection. Many other contaminants were analyzed for but were not present or were below the detection limits of the lab equipment. Most of the results in the table are from testing done in 2009. However, the state allows us to monitor for some contaminants less than once per year because the concentrations of the contaminants do not change frequently. Some of our data, though accurate, is more than one year old.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not

We at the City of Salem Water Department necessarily indicate that the water poses a health risk. Some people may be more work around the clock to provide top vulnerable to contaminants in drinking quality water to every tap. We ask that water than the general population. all our customers help us protect our water sources, which are the heart of Immuno-compromised persons such as persons with cancer undergoing our community, our way of life and our chemotherapy, persons who have children's future. undergone organ transplants, people with HIV/AIDS or other immune system

disorders, some elderly, and infants can be particularly at risk from infections. These

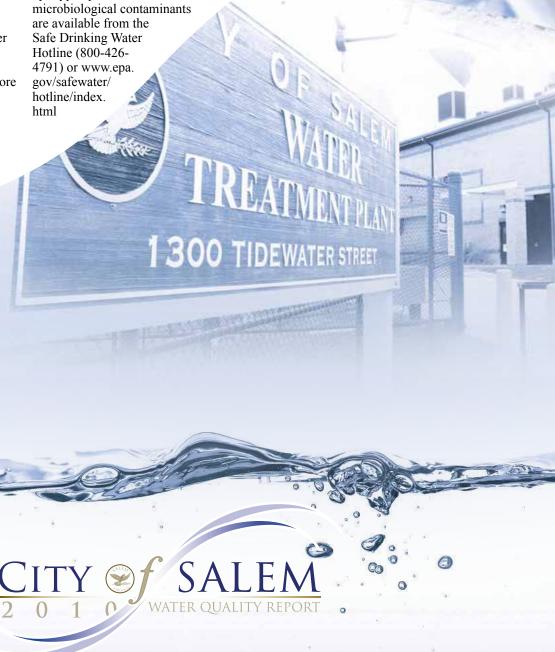
people should seek advice about drinking

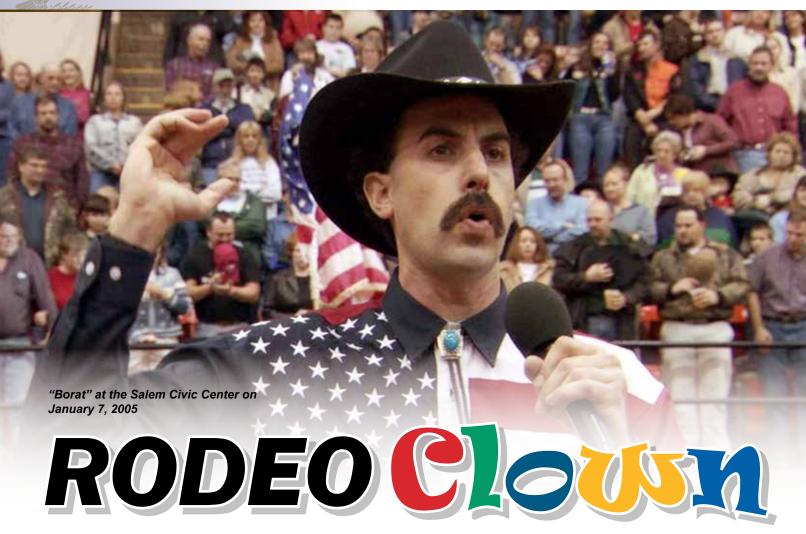
water from their health care providers.

EPA/CDC guidelines on appropriate

means to lessen the risk of infection

by cryptosporidium and other





There are certain dates and events that are forever ingrained in our psyches. The birth of a child, a first date and the death of a parent all come to mind. John Saunders can relate to all of those, plus one other that he wishes he could permanently erase from his memory

Saunders is a lifelong employee of the Salem Civic Center, where he has been Carey Harveycutter's right and left hand man for 27 years. On January 7, 2005, he and the facility's other staff members, who were on duty that night, were busy performing a menagerie of last minute tasks hoping to ensure a successful opening night for the rodeo's annual stop in Salem.

"We had lines across the lobby and all the way out the doors that night, and all of us were tearing tickets trying to get the folks in their seats as quickly as we could," he says.

Saunders, Salem's Assistant Director of Civic Facilities, had ushered all but a handful of the patrons through the turnstiles

when he heard a noise coming from inside the arena that just didn't jive with the patriotic cheers that normally accompany the national anthem.

"Our sales assistant Peggy Dickerson came running out of the arena towards me and she was completely white-faced," he says. "She said, 'you are not going to believe what just happened. This guy just butchered the national anthem."

By now you've probably figured out that the guy who got the rodeo off to a less than seamless start that night was none other than Sacha Baron Cohen aka "Borat."

"It was just like something out of the Twilight Zone," says Dickerson. "You're hearing it, but you really don't think it's actually happening."

By the time Saunders got to the far end of the arena and reached the man running the audio booth to make him kill the microphone that was propelling Borat's toxic verbiage throughout the arena, there were about 3,500 enraged fans and a posse

of cowboys ready to string Borat up by his moustache.

"I remember Lt. Ray Clark telling me that we didn't have nearly enough police officers in the building for what was about to happen," says Saunders. "We had four officers on duty, hundreds of angry patrons and a bunch of real life cowboys - you do the math."

While all of this chaos was taking place on the dirt-filled floor of the arena, Harveycutter, the Director of the facility, was 240 miles away in Williamsburg at a Virginia Association of Fairs convention. remembers being absolutely dumbfounded when Saunders informed him about what was taking place.

"I remember that I told John he needed to call the City Attorney and call the City Manager to make sure our butts were covered, and then throw this guy out of the arena," says Harveycutter.

Saunders had already taken care of the ejection of Borat, his production assistant and the rest of the entourage that had set up the farce, but they weren't as anxious to escape the hostile crowd as you might think.

"They actually wanted to go up into the stands and interview some of the people," says Saunders. "I told them I was responsible for their safety as well as the safety of the fans and if they went up there they were going to get killed."

As Saunders and Salem Police ushered them out the back of the arena and attempted to bring some closure to the unexpected international incident, the imposters from Kazakhstan still had to get out of the parking lot, and that proved to be a little tougher than anyone had anticipated.

Rodeo promoter Bobby Rowe had let Borat and his boys into the rodeo under the false pretense that they were filming a documentary about a Russian immigrant, and Rowe's hopping mad wife was determined to write her own chapter in the story.

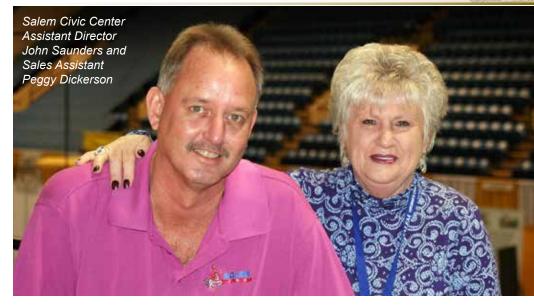
"You have to remember that at the time we had no idea who this person was," says Saunders. "It wasn't until the next day that someone recognized him from "Da Ali G Show" that used to be on HBO. Bobby's wife, Lenore, literally stood in front of their bus in the parking lot demanding that they tell her who they were."

Lenore Rowe was battling breast cancer at the time of the Borat incident and later passed away in October of that same year. Had the couple not been so consumed and distracted with her treatment at the time, the national anthem performance approval likely would never have been granted.

"Bobby told us he never even had time to listen to the CD they sent him," says Saunders.

If you've seen the movie, you know that it is beyond irreverent, but that night the characters also were beyond reproach. Saunders and Salem Police knew there was little they could do about the scene that had just been filmed on their turf, and that charging the entourage with the crime of inciting a riot was a stretch at best.

"We finally got things back under control, but the crowd was hot," says Saunders. "They didn't just stir things up at a sporting event - this was pure Americana under attack."



This year marks the fifth anniversary of the movie's release and rest assured that no one at the Salem Civic Center plans on buying any kind of special edition commemorative DVD box set. The movie cost just \$18 million to make, but it eventually grossed over \$250 million worldwide thanks in part to the now-infamous rodeo scene.

Neither Dickerson nor Harveycutter has ever watched it and Saunders determined after one viewing that reliving the most bizarre moment of his tenure more than once just wasn't worth it.

After all, the rodeo has been coming to Salem for over 40 years and if you've seen one rodeo clown, you've seen them all.

Well, almost.

- MS



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magine working a 24-hour shift at your main job and then heading straight to your part-time gig.

It sounds crazy, but it also sounds like the work habits of Roanoke College women's tennis coach Scott Gibson.

The Salem native jurt wrapped up his 13th season as the Maroons' women's coach, and during that time he's managed to not only lead the program to new heights in the Old Dominion Athletic Conference, but also climb the ladder and attain the rank of Lieutenant in the Salem Fire and EMS Department.

As Lieutenant in charge of Station 3 in Salem, Gibson oversees the Fire and EMS personnel in that section of the city, and when he's not on the clock you can likely find him coaching tennis somewhere.

"Being a firefighter and a coach requires you to be competitive," says Gibson.

"On the fire side, you want to help stop a person's cardiac arrest or put a fire out as quickly as you can, so you can have a positive outcome. With the tennis, you're sending your team out prepared to meet challenges and again, you're looking for success in the end."

Gibson says a big reason for his successes in both arenas has been his ability to keep things from getting too cluttered or complicated.

"My biggest philosophy whether I'm fighting a fire or coaching is to keep it simple," he says. "The more you try to over think things and over correct them, the less chance you are going to have for success."

When Gibson took over the Roanoke College women's team in 1999, he inherited a program that had experienced very little success under a menagerie of coaches and one that was living in the basement of

the ODAC standings in desperate need of some stability.

provided He that steadying influence very quickly by taking the team from 10th place to 4th at the ODAC Championships in just his second year as a head coach. That season, he also became the first Roanoke tennis coach to ever be named conference coach of the year. But it's a benchmark established by his players off the court that makes him the proudest.

"In my 13 years at Roanoke, we have a 100 percent graduation rate for our senior players and that's by far my biggest accomplishment," he says. "I try to make tennis like

a hobby for them because with their class schedules you don't want this to seem like a job. Ultimately they are here to get an education and not play tennis."

Education is a huge priority for Gibson even though he never attended a fouryear college. By his own admission, he was a teenager who never reached his full potential as a student, and a young man who athletically found the non-stop action in tennis much more satisfying than his original love, baseball.

"I was a very skinny, hyper kid growing up and my older brother Mike really introduced tennis to me," he says. thought I could be good at it immediately, but I quickly found out there was a real technical side to it."

His brother, who was coaching at William Byrd at the time, taught him the basics of the game and provided him with a great deal of encouragement and positive energy. Gibson also gleaned a lot of information by simply watching the game on TV back in the 1980s when McEnroe, Borg and Connors made the sport must-see entertainment.



"I would watch those guys on TV and then go out and hit balls off of the back wall at the Kroger store at Spartan Square shopping center," he says. "I would put a piece of tape on the wall where the net should be and just hit balls all day long. In fact, I hit a bunch of them on the roof, and thankfully, the manager was always kind enough to get them down for me."

That dark brick wall got him good enough to make the varsity tennis team at Salem high school as a freshman. With the help of his coach, Dave Petersen, he moved up the ranks and was the team's third ranked singles player his senior year. That team made it to the state finals, and Gibson was the only player to win his singles match in the championship loss to James Monroe.

After graduation and a four year stint in the Navy, that included a tour of duty in Desert Storm, Gibson returned to Salem to begin his formal training to become a firefighter. During that time, he also assisted his brother Mike, serving as an assistant coach of the Salem boys' tennis team. The two proved to be a dynamic duo as their teams compiled a 42-9 record and recorded a state runner-up finish in their four seasons together, before Scott was hired by the Maroons.

Besides putting out fires in Salem and on the courts in the ODAC, Gibson also serves as the tennis coordinator for both the Salem and Roanoke County Parks and Recreation departments. Each summer and fall he organizes youth tennis camps and lines up instructors to teach over 250 youth and adults who take part in classes and private lessons.

"When summer arrives, I really have no life," he says.

That may be so, but he's definitely found a way to breathe new life into a college tennis program and into those he attends to as a public servant in Salem.

"You have to always expect the unexpected and to me that is the intriguing part of the job," says Gibson. "Plus, people call us when they are having a bad day and if you can do something to give them some hope, it makes the job worthwhile and really makes you feel good."

Kind of like serving an ace off of the brick wall at Kroger.

- MS

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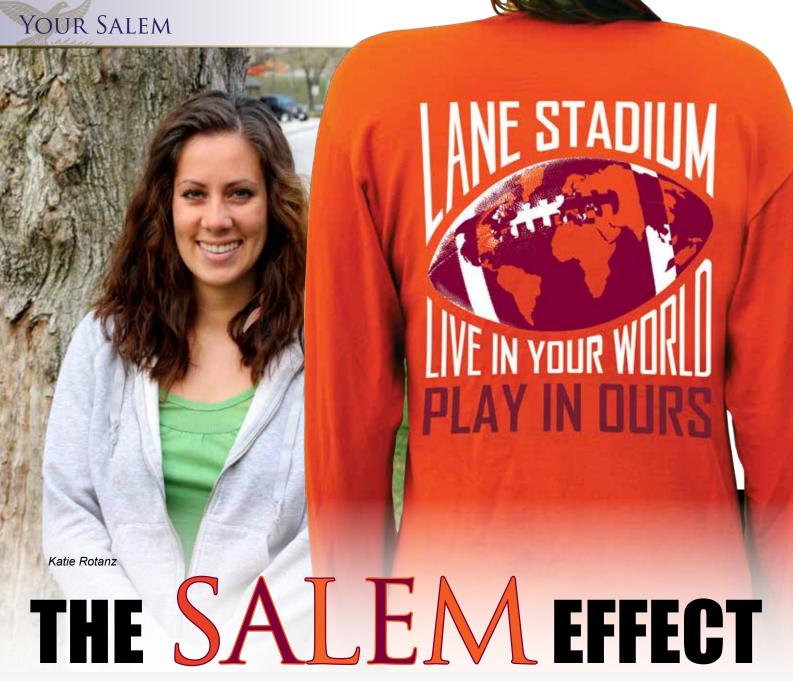
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Special Thanks: Piedmont ASA Softball - City of Salem



Thile most college football fans have been taking stock of their teams during spring practice, at least one Hokie is already looking forward to November.

When Virginia Tech welcomes North Carolina to Lane Stadium on November 17 for the annual "Orange Effect" game, the design on the official bright orange game day t-shirts, that thousands of fans will be wearing for that Thursday night ESPN game, will belong to Salem native, Katie Rotanz.

Rotanz is a graphic artist who is set to graduate from Tech's school of Visual Arts with a degree in Visual Communication Design this May. Her diploma will be a welcome sight, but only slightly more

satisfying than the honor of having her design chosen as the official artwork for the "Orange Effect" t-shirt.

"The first design I came up with had the world on top of Lane Stadium," she says. "The judges said they loved my concept, but wanted me to do something a little different, so I stayed up to 4:30am one night applying their suggestions working on what turned out to be the final product."

Her job was to design some original artwork that would accompany the 2011 slogan, "Lane Stadium - Live in Your World, Play in Ours." It was at times a frustrating process that included a menagerie of small tweaks and changes to the design, but in the end, it was an experience that definitely prepared her for the working world.

"It's really frustrating when you work with people who don't have any design experience and yet they think something looks good," she says. "This process taught me that when you're working with clients you can't always do what you think is best. And actually, I'm really glad the judges made me work on it, because I honestly like the final design better than my first concept."

That level of maturity is slightly different from the attitude Katie exhibited during the same competition two years ago.

"I submitted a design my sophomore year when the Student Government Association came to our class and asked us to work on the project as kind of a class competition," she says. "My entry didn't win, and I was



so mad about it that I didn't even buy the shirt that year, so I had plenty of motivation to win it this time."

She laughs about that "boycott" now, but the fact is she got her competitive genes honestly from her mom and dad, Wendy and Bob Rotanz. Her mom was a tremendous competitive swimmer at Roanoke College and recently earned her black belt in karate, and most people know that her dad was the National Lacrosse Player of the Year in 1978 when he led the Maroons to a national championship.

"They have never stopped me from pursuing what I've wanted to do," she says. "They went above and beyond to help me out when I decided to get into graphic design, and when I told them I wasn't going to play lacrosse anymore they were very supportive."

After graduating from Salem High school in 2007, Rotanz played varsity lacrosse for the Hokies her first three years of college before deciding to give up the sport for her senior season.

"I was a little nervous telling my dad about my decision because lacrosse is the love of his life, but he was very supportive and I'm very happy with my decision," she says. "He and my mom are the best role models ever."

Her path to success is worth noting for parents and students alike because had it not been for a suggestion she received from one of her high school teachers, she may not have ended up with her artwork plastered across the backs of members of the Hokie Nation.

"I was considering architecture, but I knew playing a sport in college and working on that major would be close to impossible plus, I don't really like math," she says. "Mr. Wallace at Salem High School suggested that I try his graphic design class and that immediately became my passion."

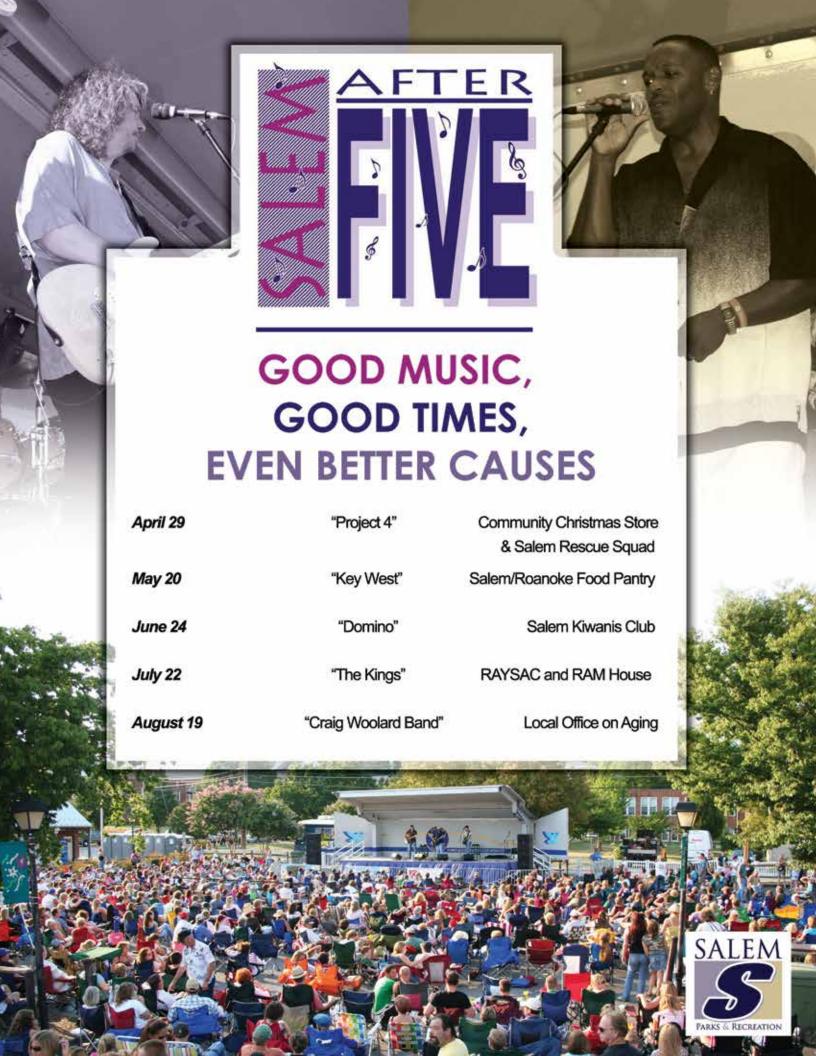
That passion, talent and some connections are helping Katie quickly build up her portfolio. One of her uncles on her dad's side of the family, Tom Rotanz, recently developed a weighted lacrosse stick that serves as a training tool for players. Katie got to design the logo for the "Power Shaft" product and as a result she now has a valuable internship lined up after graduation at Inside Lacrosse magazine in Baltimore.

"The combination of lacrosse and design is absolutely perfect for me," she says.

That internship will be unpaid, but the other day Katie got another glimpse of life after graduation when she unexpectedly received a \$300 check for her awardwinning t-shirt design.

That's what you call the "Green Effect."

- MS





SPRING PROGRAM GUIDE

COMMUNITY **ACTIVITIES**

Kathy Murphy, Manager Vickie Sword, Recreation Program Supervisor vsword@salemva.gov

110 Union Street Phone: 375-3054

ADULT PROGRAMS

*MAKE CHECKS PAYABLE TO CITY OF SALEM FOR ALL CLASSES UNLESS OTHERWISE NOTED.

BALLROOM DANCING: BEGINNER/ INTERMEDIATE (ADULT & TEEN)

This class offers a complete introduction to ballroom dancing. The class is perfect for beginners and those looking to polish their ballroom technique. You will learn the techniques necessary for moving with style and grace. No previous dance experience or partner is necessary.

When: Every Friday through June 3 (summer sessions are monthly, July 8 & August 5) Every Friday will resume in September.

Location: Salem Senior Center (110 Union Street)

Time: 7:00 pm - 9:00 pm

Instructor: Bonnie & Rick Schmitt Fee: \$7 per member/per lesson, \$10 per nonmember/per lesson, \$3 per student/per lesson (Class limit 30) A partner is not required. Class is on-going. Attend and pay instructor *Make checks payable to Rick Schmitt

DOG OBEDIENCE

When: Saturdays (April 16 - May 21) Location: Salem High School Parking Lot

Time: 9:00 am - 10:00 am

Instructor: Darr Graham

Fee: \$80/6 weeks if paid before or at the organizational meeting, \$90/6 weeks on or after 1st class. Six week course for dogs of any breed and any age. Dogs will learn to heel calmly on leash, react for different commands, and come when called.

Organizational Meeting - Thursday, April 14, 7:30 pm, Salem Senior Center (110 Union Street), Do Not bring your dog to this meeting. *Make checks payable to Darr Graham and bring to the organizational meeting, or mail to 110 Union Street, Salem, VA 24153

CERAMICS: (INTERMEDIATE)

This class is designed for the student who has prior experience with ceramics. Painting on resin, dry brushing, and other techniques will be introduced.

When: Mondays (April 11 - June 13) Location: Salem Senior Center (110 Union Street)

Time: 6:15 pm - 9:15 pm

Instructor: Sharon Braden, Certified Duncan

Instructor

Fee: \$50/10weeks (class limit 12)



CHESS (ALL LEVELS)

This is for all levels of playing strength. Everyone is welcome regardless of age. When: Tuesdays (on-going)

Location: Salem Senior Center (110 Union Street)

Time: 7:00 pm - 11:00 pm (7 - 8 pm beginner instruction)

Instructor: David Vecellio Fee: FREE (class limit 12)

WORKING WITH COMPUTERS FOR SENIOR CITIZENS

This course content will be completely driven by the wants and needs of those attending. What do YOU want to learn? Microsoft Office, email, Skype, surfing the net, Facebook, or working with digital pictures. These are just a few possibilities. When you come to the first class, we will discuss what we will work on. Computers are provided

When: Tuesdays (April 5 - April 26) Location: Andrew Lewis Middle School

Time: 4:00 pm - 5:30 pm Instructor: Nancy Page

Fee: Free Class Limit: 8

CROCHETING & KNITTING

Learn the basics of crocheting and complete a couple of different projects in class. When: Thursdays (April 14 - May 12) Location: Salem Senior Center (110 Union

Street)

Time: 6:30 pm - 8:30 pm

Instructor: Norma Harris

Fee: \$25/5 weeks, includes all materials -

Please attend and pay instructor

Class Limit: 10

FOLK DANCE

When: 1st and 3rd Wednesday of the month Location: Salem Senior Center (110 Union

Street)

Time: 7:00 pm - 9:00 pm

Instructor: Laurie Platt

Fee: Free (attend a session and sign up with

the instructor) Class Limit: 30



GUITAR FOR ABSOLUTE BEGINNERS (AGES 12+)

Students will acquire a basic foundation in guitar including tuning, playing cords, reading, tablature, flat picking, and simple folk and blues songs. No previous musical experience required.

When: Wednesdays (April 13 - June 1) Where: Salem Senior Center (110 Union

Street)

Time: 6:00 pm - 7:00 pm

Instructor: Randy Walker Fee: \$45/8 weeks (class limit 10)

*Required materials: acoustic guitar (steel string or classical) or electric guitar, pick, and tuner.

Class Limit: 10

HANDBUILT CERAMICS

Come stretch your creative muscles as you learn how to form original works of art in clay. The basic skills of hand-built ceramics will be taught through the pinch, coil, and slab methods using low fire clays and glazes. When: Wednesdays (April 13 - June 1) Location: Salem High School (Spartan Drive)

Time: 6:00 pm - 8:00 pm

Instructor: Julie Hamilton

Fee: \$100/8 weeks, includes clay, tools, and

*List of supplies students will need to bring: paper towels, old towel or apron, small tupperware container with lid, and several plastic grocery bags.

NEW!!! KARATE (ALL AGES)

If you are looking for a way to help your child improve their focus, and self-discipline, equip them to be better prepared to stand up to a bully and peer pressure by building their confidence, then this is a great chance to try Super Kicks Karate. Family class ages 4 to adult. Improve your fitness, self-defense, confidence, and self-discipline, with a strong emphasis on leadership skills

When: Session One - Saturdays, April 16, 23, 30, & May 7

Session Two - Saturdays, May 14, 21, 28 & June 4

Location: Super Kicks Karate, 1447 West Main Street, Salem (Spartan Square)

Time: 9:45 am - 10:30 am

Instructor: John Bryant, Chief Instructor, Certified through AFKA (American Freestyle Karate Association)

Fee: \$59 each session (includes uniform worth

\$50 from Super Kicks)

KEYBOARD FOR ABSOLUTE **BEGINNERS (AGES 12+)**

Have fun with your keyboard as you learn to read music. No previous musical knowledge needed. Ages 12 and up

When: Wednesdays (April 13 – June 1) Where: Salem Senior Center (110 Union

Street)

Time: 7:00 pm - 8:00 pm

Instructor: Randy Walker Fee: \$45/8 weeks (class limit 10)

Required materials: portable keyboard (AC outlets available), extension cord, method book (\$13 and available from instructor.)

Class Limit: 10

EXCITING MEAL OPTIONS FOR A "HEALTHIER YOU" **BY MICHELE CARDER**

Join Chef Michele as she instructs participants on how to prepare healthier meal choices delicious and exciting for the whole family. Learn about new creative seasonings and preparation ideas for early spring vegetables and delicious new chicken and fish recipes that will keep everyone's taste buds happy! When: Saturday, April 16, 12:00 pm - 1:30 pm Location: Salem Senior Center (110 Union Street)



Instructor: Michele Carder Fee: \$25 includes all ingredients

Class Limit: 15

*Make checks payable to Michele Carder

THE ART OF GRILLING BY MICHELE CARDER

Chef Michele will teach you delicious seasoning tips and grilling techniques for perfectly cooked steaks along with the rest of your meal: grilled steaks, sides, and even dessert! No pots and pans to scrub! When: Saturday, May 14, 12:00 pm - 1:30 pm Location: Salem Senior Center (110 Union

Street) Instructor: Michele Carder Fee: \$25 includes all ingredients

Class Limit: 15

*Make checks payable to Michele Carder

HEALTH AND FITNESS

*MAKE CHECKS PAYABLE TO CITY OF SALEM FOR ALL CLASSES UNLESS OTHERWISE NOTED.

TOTAL SCULPTING

This class is designed to reduce body fat and sculpt muscles through a series of strength training exercises using bands, free weights and more. Great program for a beginner level participant

When: Mondays and Wednesdays

April 11 - June 15th

Location: Salem Senior Center (110 Union St)

Time: 5:30 pm - 6:30 pm

Instructor: Sherry Stinson, CPT, & Mallorie

Brumfield, BS

Fee: \$25 for Mondays & \$25 for Wednesdays or \$50 for both or 10 weeks (Class limit - 30)

CARDIO & CORE

This class combines aerobic exercises and drills with ab and core work to benefit everyone. Twenty-five minutes of calorie burning activity, followed by twenty minutes of mat work that will strengthen, tone, and improve the abdominal core area.

When: Mondays and Wednesdays (April 11 -June 15)

Location: Salem Senior Center (110 Union St)

Time: 4:30 pm - 5:15 pm Instructor: Keleigh Stevens

Fee: \$25 for Mondays & \$25 for Wednesdays for or \$50 for both 10 weeks (Class limit - 30)

NEW!!! STROLLER STRIDES -SALEM

Stroller Strides is a total fitness program that moms can do with their babies. It includes power walking with intervals of strength and body toning exercises using exercise tubing, the stroller, and the environment. Taught by certified instructors, it's a great workout for any level of exerciser.

When: Tuesdays and Thursdays, 9:30 am -10:30 am (Classes will begin April 12) Location: Moyer Park walking path (900 Union Street, Salem)

Instructor: Monica Nicely

Fee: Variety of payment options available including monthly membership, class and summer passes, and single class drop in visits are available. Try your first class free - visit the website for registration and pricing info.



To register and for more information, go to http://classes.strollerstrides.net/roanokevalley

TENNIS (ALL LEVELS)

To register or get more information call Scott Gibson at 397-1257 or gibson@roanoke.edu.

YOGA (BEGINNER)

Yoga is a great way to increase joint mobility, improve muscle tone and flexibility, and build balance. It also improves memory, focus, and attention, as well as promote an overall sense of well being.

When: Thursdays (April 14 - June 16) Where: Parks & Recreation Main Office (620 Florida Street)

Time: 6:00 pm - 7:00 pm

Instructor: Suzanne Karen Ughetta Fee: \$40/10 weeks (Class limit - 12)

YOGA (BEGINNER/INTERMEDIATE)

Yoga is a great way to increase joint mobility, improve muscle tone and flexibility, and build balance. It also improves memory, focus, and attention, as well as promote an overall sense of well being.

When: Mondays (April 11 - June 20) (May 30th is a holiday & we will not have class)

Where: Parks & Recreation Main Office (620

Florida Street)

Time: 4:30 pm - 5:30 pm

Instructor: Beth Swanson

Fee: \$40/10 weeks (Class limit - 12

YOUTH/TEEN PROGRAMS

*MAKE CHECKS PAYABLE TO CITY OF SALEM FOR ALL CLASSES UNLESS OTHERWISE NOTED.

NEW!!! KARATE (WILL ACCEPT ALL AGES)

If you are looking for a way to help your child improve their focus, and self-discipline, equip them to be better prepared to stand up to a bully and peer pressure by building their confidence, then this is a great chance to try Super Kicks Karate. Family class ages 4 to adult. Improve your fitness, self-defense, confidence, and self discipline, with a strong emphasis on leadership skills

When: Session One - Saturdays, April 16, 23, 30, & May 7

Session Two - Saturdays, May 14, 21, 28 & June 4

Location: Super Kicks Karate, 1447 West Main Street, Salem (Spartan Square)

Time: 9:45 am - 10:30 am

Instructor: John Bryant, Chief Instructor, Certified through AFKA (American Freestyle Karate Association)

Fee: \$59 each session (includes uniform worth \$50 from Super Kicks)

KNITTING AND CROCHETING (AGES 8 - 14)

Learn basic knitting and crocheting stitches and how to read patterns.

When: Thursdays (April 14 – May 12) Where: Salem Senior Center (110 Union

Street)

Time: 4:00 pm - 5:00 pm

Instructor: Norma Harris

Fee: \$15/5 weeks (Pay instructor directly)

Class Limit: 10

Does not include supplies, Supplies needed: Needles 1"-16" circular size 8 (US not metric), 1 set-doubled pointed size 8 yarn - 10 skein worsted weight 4 for hat or backpack, Book - "I Can Knit"

*If you want a second color on your hat a second skein of yarn may be purchased.

NEW!!! MAGIC CAMP (AGES 7 - 12)

Learn magic tricks that are both challenging and simple. Illusions will be taught with common everyday objects. Some effects will be practically self-working, so that the child can focus on the presentation and not just the trick. David's desire is for them to perform their fist magic tricks well in order to prevent discouragement, and also instill good self-esteem, along with a sense of accomplishment.

When: Thursdays (Begins April 14 - May 12),

5 weeks

Where: Salem Senior Center (110 Union

Street)

Time: 6:00 pm - 7:30 pm

Instructor: David Castree, Professional Magician

Fee: \$75/includes all materials

Class Limit: 7

TENNIS (BEGINNERS) (AGES 6 -<u>10)</u>

To register, contact Scott Gibson at 397-1257 or gibson@roanoke.edu

SUMMER CAMPS

STAR-TER GOLF CAMP (AGES 9-13)

This camp is designed for the first time player who has never been enrolled in formal lessons. Previous participants do not qualify. Players will receive a starter set of clubs and four days of lessons from the pros at Hanging Rock Golf Course.

When: June 20 - 23 (Deadline for registration

- May 1)

Where: Hanging Rock Golf Course

Time: 8:00 am - 11:00 am

Instructor: Golf Pros at Hanging Rock Fee: \$60 (starter golf club set, lunches, & a round of golf on Thursday included)

Class Limit: 30

ART CAMP WITH ROBIN **RICHARDSON (AGES 5th GRADE TO RISING 9TH GRADE STUDENTS)** PAINTING SIMPLE LANDSCAPES AND SEASCAPES

When: June 20 - 24

Where: Andrew Lewis Middle School

Time: 8:30 am - 11:30 am

Instructor: Robin Richardson Fee: \$45 (includes all materials)

Class Limit: 20

HANDBUILT CERAMICS (AGES 5th GRADE TO RISING 9TH GRADE STUDENTS)

When: July 11 - 15

Time: 8:30 am - 11:30 am Instructor: Robin Richardson Fee: \$45 (includes all materials)

Where: Andrew Lewis Middle School

Class Limit: 20

SALEM ART CAMP (AGES 8 – 11)

Salem Art Camp is a week-long art experience with Darlene Marshall and Mike Gibson. Campers will learn about artists, art techniques, and dabble in art history. Both camps are identical and are for students ages 8 - 11.

When: July 18 - 22

Where: GW Carver Elementary

Time: Session 1 - 10:00 am - 12:00 noon

Session 2 - 1:30 pm - 3:30 pm

Instructors: Darlene Marshall, Mike Gibson -

Salem City School Teachers

Fee: \$40/student – includes all supplies

Class Limit: 22 per session

NEW!!! INSPIRED THEATRE (ELEMENTARY STUDENTS - (

RISING 2ND GRADERS - 5TH GRADES)

This class is an introduction to theatre for elementary students. Children will play theatre games that will teach them the basics of theatre. The camp session will conclude with a short play where the children will perform in front of family and friends. When: June 20 - July 1 (2 week session, Monday through Friday)

Where: Olan Hall, Roanoke College, Room

Time: 1:30 pm - 5:30 pm

Instructor: Kevin McGrath, Junior, Theatre Major at Roanoke College

Fee: \$85

Class Limit: minimum 12 - maximum 25

NEW!!! INSPIRED THEATRE (MIDDLE SCHOOL STUDENTS

(RISING 6TH GRADERS - 8TH GRADE)

This class is an introduction to theatre for middle school students. Students will be taught the basics of theatre. The camp session will conclude with a short play where the children will perform in front of family and friends.

When: July 11 - July 22 (2 week session,

Monday through Friday)

Where: Studio Theatre on bottom floor of Olin

Hall at Roanoke College Time: 1:30 pm - 5:30 pm

Instructor: Kevin McGrath, Junior, Theatre Major at Roanoke College

Fee: \$85

Class Limit: minimum 12 - maximum 25

NEW!!! INSPIRED THEATRE (HIGH SCHOOL STUDENTS - (RISING 9th **GRADERS - 12th GRADE)**

Theatre for high school students. Students will learn the basics of theatre. The camp session will conclude with a short play with students performing in front of family and friends. When: July 25 - August 5 (2 week session,

Monday through Friday)

Where: Studio Theatre on bottom floor of Olin

Hall at Roanoke College

Time: 1:30 pm - 5:30 pm

Instructor: Kevin McGrath, Junior, Theatre Major at Roanoke College

Fee: \$85

Class Limit: minimum 12 - maximum 25

Register online please go to: http:// activenet12.active.com/salemparksandrec/



Salem Senior Center

Kathy Murphy, Manager Vickie Sword, Recreation Program Supervisor vsword@salemva.gov Jane Pendleton, Recreation Site Supervisor jpendleton@salemva.gov 110 Union Street, Salem

Phone: 540-375-3054

MONDAYS

9 am - 12 noon Bridge, Lois Hurdle, Coordinator

12:30 pm - Senior Mountain Pickers 1 pm - Painting - Phyllis Fralin - 2nd Monday of every month

7 pm - Bluegrass Pickers - 1st Monday of every month except July & Sept. These months will be the 2nd Monday due to the holidays.

TUESDAYS

9 am - Exercise - Sherry Stinson 10 am - Chair Caning & Basket Weaving -Gene Bennett

12:30 pm - Computer Tips - Tammy Epperly (call or stop in the office to schedule an appointment)

2 pm - Ballroom dance, 1st & 3rd Tuesdays of the month - Bill Ewing

2 pm - Tea Dance, 2nd & 4th Tuesdays of the month - Bill Ewing

WEDNESDAYS

9 am – Tap Dance – Sharon Dickenson 10 am - Ceramics - Anne Andrews 10 am - Needlework - Norma Harris 1 pm - Line Dance - Eleanor "Ski" Shelton

THURSDAYS

9 am - Exercise - Sherry Stinson 10 am - Art & Bridge "on your own" 10 am - Quilting - Norma Harris 11 am - 49ers Plus Club Meeting 12:30 pm - Cards 12:30 pm - Senior Singers Practice

9 am - Exercise - Michele Sites or Robbin Walker

10:30 am - Tai-Chi - Leiven Verkruisen 10:30 am – Senior Mountain Pickers 7 – 9 pm – Ballroom Dance

A MONTHLY NEWLETTER WITH A **CALENDAR OF EVENTS AND NEWS OF OUR ACTIVITIES AND OUTINGS** is available

at the Monthly Luncheon for the following month. Many activities will be listed that you won't want to miss, such as Friday Bingo or a holiday party. Stop by the Senior Center to pick one up.

TRIPS FOR SENIORS

There are many trips scheduled for 2011. We offer many opportunities, such as shopping trips to the mall, day trips to a dinner theatre, or a 4 day trip to Myrtle Beach. Stop by the Senior Center and pick up a trip list today!

49ERS PLUS CLUB

Club meets on the 1st and 3rd Thursdays at 11 am, and meet for lunch on the 2nd week of the month at various restaurants. They also preside over the Monthly Luncheons. The group meets for fun; they make donations to organizations such as the Salem Rescue Squad and the American Red Cross.

MONTHLY "POT LUCK" LUNCHEON

Always a fun well-attended event, with various programs that follows the meal. The luncheon is held on the last Thursday of each month. Participants are asked to bring a covered dish.

BLOOD PRESSURE SCREENINGS

11 am before the monthly luncheon on the last Thursday of each month. Courtesy of Salem Terrace.

BOB ROSS METHOD OF OIL, PAINT CLASS WITH PHYL

Classes are on the second Monday afternoon; 1-4:30 pm. Samples are available at the Senior Center. Cost is \$35 and you need to sign up in the office if you wish to attend.

BALLROOM "TEA" DANCE

The Ballroom Dance class meets in the form of a "tea" dance, 2 pm – 4 pm, on the 2nd and 4th Tuesdays of every month. There is no fee, but you are asked to bring snack food to share.

THE SALEM SENIOR SINGERS

This group of wonderful singers practice on the 1st Thursday of the month at 12:30 pm and sing on a regular basis for Snyder Nursing Home, Lady of the Valley, and various other places in the Valley. If you'd like to join the group, please show up and talk with their Director, Wilton Coleman.

SENIOR MOUNTAIN PICKERS

This is a group of stringed instrument musicians who play bluegrass and gospel informally on Mondays at 12:30 pm and Fridays at 10:30 am at the Senior Center. You may join them with an instrument if you play or you may attend as a part of the audience of the 50+. Come out and enjoy the good singing and playing.

<u>GROUPS</u>

USA DANCE

All levels of Ballroom Dance and variations, 4th Sunday of the month, 4 pm – 6 pm. Spring meeting dates: Senior Center Activity Hall Minimum fee. Come observe a class and join the fun.

COLE BLUEGRASS SHOW

First Monday of every month, 7:00 pm – 9:00 pm Salem Senior Center Multipurpose Room

ITALIAN-AMERICAN HERITAGE CLUB

Second Sunday of each month, 3 pm – 6:30 pm Meeting dates: April 10, September 11, October 9, November 13 Salem Senior Center Activity Hall

T.O.P.S (Take Off Pounds Sensibly)

Tuesdays, 5:45 pm.

Salem Senior Center Multipurpose Room Come observe a meeting and join.

TWINED HEARTS GARDEN CLUB

Third Tuesday of each month – 7:00 pm – 8:00 pm.

Spring meeting dates:

Salem Senior Center Activity Hall Come observe a meeting and join.

WOTOS (WOMEN ON THEIR OWN)

Second Saturday of the Month, 12:30 pm – 4 pm Salem Senior Center Multipurpose Room

Register online please go to: http://activenet12.active.com/salemparksandrec/

SPECIAL EVENTS

Manager: Kathy Murphy, kmurphy@salemva.gov Supervisor: Kristen Finley, kfinley@salemva.gov 620 Florida Street, Phone: 375-3057

Salem After Five Summer Concert Series:

5:30 – 9 p.m. Salem Farmers Market, \$5/Children 12 and under are free Food Court, Children's Play Area (540) 375-3057 April 29th – "Project 4" May 20th – "Key West" June 24th – "Domino"

July 22nd – "The Kings" August 19th – "The Craig Woolard Band"

Sunday, May 1st - March of Dimes, March for Babies, 5 Mile Walk,

Registration begins at 8 a.m., Salem Civic Center, (540) 375-3057

60th Annual Ernest "Pig" Robertson Fishing Rodeos:

April 30th - Children Ages 3 – 8, 9 a.m. - Noon May 2nd – Children with Disabilities Day, 10 a.m. - Noon May 4th - Nursing Home Patient's Day, 10 a.m. – Noon May 7th - Children ages 9 – 12, 9 a.m. – Noon Lake Spring Pond, (540) 375-3057

Movies at Longwood:

May 29th – "Despicable Me"
June 25th – "Megamind"
August 20th – "The Blind Side"
September 10- "Toy Story 3"
Sponsored by Salem Parks & Recreation and
Kiwanis Club of Salem. The 1st 50 families will
receive free popcorn from Frito Lay. Bring a
blanket and chairs and enjoy a movie under
the stars!! Admission is free. Concessions will
be available to purchase from Fun Times.

Relay For Life:

June 17th & 18th, Salem High School Track, Begins at Noon on the 17th, Ends at Noon on the 18th, (540) 375-3057

Saturday, July 16th - "Jazz in July",

4 – 9:30 p.m., Longwood Park, Bands TBA, (540) 375-3057

Saturday, August 13th - "Salem

Distance Run" 8 a.m., Longwood Park, Sponsored by Salem Parks & Recreation and Southwest Health Focus. For more information call (540) 444-2925.

Saturday, September 24th - "Star B-Q Bash Bands & time - TBA

Sunday, October 2nd - "Salem Fine Art Commission's Art Show" from

1-5 p.m. at the Farmers Market. Music by Lenny Marcus.

2011 GREAT BEGINNINGS Dates:

Check Box	Sport	Dates	Day	Time	Location	Cost
	Soccer	April 2 - May 1	Sundays	2:00 pm	West Salem Elem.	\$65
	Teeball/Softball	May 8 - June 5	Sundays	2:00 pm	Baptist Home	\$65
	Football	Sept 18, 25 Oct 2, 9, 16	Sundays	2:00 pm	West Salem Elem.	\$65
	Post Season Basketball Camp	Nov. 2 , 9, 16	Wednesdays	6:00 pm - 7:30 pm	West Salem Elem.	\$80
		Nov. 6, 13	Sundays	2:00 pm - 3:30pm		

Saturday, October 29th -

"Pumpkinfest", 11 a.m. – 2 p.m., Salem Farmers Market, Pumpkin give-away, Children's Activities, Carnival Games, Costume Contest, Hay Rides, and a Pumpkin Auction. Trick or Treating with the Merchants – 10 a.m. – 11 a.m., Sponsored by Q99-FM and Salem Parks & Recreation. Proceeds benefit C.H.I.P (540) 375-3057

Friday, December 2nd - Lighting of the Christmas Tree - 6 p.m., Salem Farmers Market, (540) 375-3057

Saturday, December 3rd - "Ye Olde Salem Christmas", 11 a.m. - 4 p.m. Downtown Salem - Merchant Open Houses. Hot Cider and Roasted Chestnuts Salem Library - Pictures with Santa, Story time with Mrs. Claus, Children's Activities, and mail letters to Santa. Salem Farmers Market - Market Vendors with crafts, wreaths, baked goodies, etc., Carriage Rides, and Model-T Car Rides around downtown and to the Gingerbread Festival at Longwood Park. Sponsored by Salem Parks & Recreation & Q99-FM.

Register online please go to: http:// activenet12.active.com/salemparksandrec/

Salem Kiwanis Baseball Field

731 Indiana Street, Salem, Virginia 540-375-3013 - Facility 540-375-4021 - Facility Manager Eric O'Brien (eobrien@salemva.gov)

Weekend Tournaments & Games 2011

Feb 19 - Virginia Tech Club Baseball Game

Feb 20 - Virginia Tech Club Baseball Game (1pm DH)

Feb 26 - Roanoke College Baseball Game (12noon DH)

Feb 27 - Roanoke College Game (12pm)

Mar 5 - Salem High School Varsity Baseball Jamboree (All Day)

Mar 19 - Roanoke College Baseball Game

Mar 26 - Roanoke College Game (12pm DH)

April 9 - Roanoke College Baseball Game (12pm DH)

April 9 - Virginia Tech Club Baseball Game

April 10 - Virginia Tech Club Baseball Game (1pm DH)

April 16 - Virginia Tech Club Baseball Game

(1pm DH)

April 17 - Virginia Tech Club Game (1pm) April 30-May 1 - USSSA Batter Box Stampede **Baseball Tournament**

May 13-15 - 8th Annual Central Virginia USSSA Middle School Baseball Tournament

May 23-27 - VHSL River Ridge District Baseball Championship Tournament

June 9-12 - VHSL Division 1 State Championship

June 18-19 - American Legion College Showcase Tournament

June 24-26 - USSSA Baseball Virginia 14U Open State Championship Tournament

July 7-10 - Commonwealth Games High School All-Star Baseball Showcase

July 15-24 - American Legion District Baseball Championship Tournament

Aug 13-14 - USSSA Baseball Back to School **Bash Tournament**

Aug 27-28 - USSSA Baseball Sluggers Ball **Invitational Tournament**

Sept 10-11 - USSSA Baseball Star City Challenge NIT Tournament

Sept 17-18 - USSSA Baseball Get Up and Hit Classic Tournament

Sept 24-25 - USSSA Baseball Thunder and **Rumble Classic Tournament**

Spring, Summer & Fall

Weekend **Tournaments &**

Games 2011

March 2011

12th-13th - Roanoke Valley Showdown College Fast Pitch Tournament (Moyer, Botetourt)

18th-20th - West Virginia Wesleyan College Women's Fast Pitch Softball Tournament (Mover, Botetourt)

18th-20th - Radford University Women's Fast Pitch Softball Tournament (Botetourt)

19th-20th - USSSA Hi-Lo Adult Slow Pitch Softball Tournament (Burton)

26th-27th - USSSA March Madness NIT Baseball Tournament (Moyer, Civic Center, Oakeys)

26th-27th - NSA Adult Slow Pitch Open Tournament (Burton)

April 2011

1st -2nd - Botetourt Bash High School Softball Tournament (Botetourt)

2nd-3rd - USSSA Spring Opener Youth Fast Pitch Softball Tournament (Moyer, Civic Center, Oakeys)

2nd-3rd - USSSA Hi-Lo Adult Slow Pitch Tournament (Burton)

9th-10th - NSA Youth Challenge Fast Pitch Tournament (Moyer, Civic Center, Oakeys)

9th-10th - USSSA Pre Chance Crawford Adult Slow Pitch Tournament (Burton)

15th-17th - USSSA/NSA/ASA 31st Annual Chance Crawford Benefit Adult Slow Pitch Tournament (All Fields)

22nd-23rd - Old Dominion Athletic Conference Women's Fast Pitch Softball Championship (Mover)

30th-May 1st - NSA Youth Kick Off Fast Pitch Tournament (Moyer, Civic Center, Oakeys)

30th-May 1st - USSSA Batter's Box Stampede Baseball Tournament (Botetourt)

30th-May 1st - USSSA Jay Estacio Benefit Adult Slow Pitch Tournament (Burton)

May 2011

7th-8th - USSSA Have a Heart Support a Child Adult Slow Pitch Tournament (Burton)

11th-14th - NCCAA Women's Fast Pitch Softball National Championship (Botetourt)

14th-15th - NSA Adult Coed Slow Pitch Tournament (Burton)

14th-15th - ASA Men's Class "C". "D". & "E" Slow Pitch National Qualifier (Civic Center,

14th-15th - Nations Baseball Youth Spring State (Roanoke City)

19th-24th - NCAA Division III Women's Fast Pitch Softball National Championship (Moyer)

21st-22nd - USSSA Greater Salem Open Adult Slow Pitch Tournament (Burton)

25th-27th - Blue Ridge & Three Rivers District High School Softball Tournaments (Botetourt) 25th-30th - NCAA Division II Women's Fast

Pitch Softball National Championship (Moyer) 28th-29th - USSSA Best of the West Adult Slow Pitch Softball Tournament (Botetourt, Burton, Whispering Pines, Huff Lane, Wasena)

28th-29th - NSA Youth Memorial Day Blast Youth Fast Pitch Tournament (Green Hill, Northside, Civic Center, Oakeys)

June 2011

2nd-3rd - Region "C" High School Softball Tournament (Botetourt)

4th-5th - NSA Youth June Jamboree Fast Pitch Softball Tournament (Moyer, Civic Center,

4th-5th - NSA Adult Commonwealth Games Slow Pitch Softball Tournament (Burton)

10th-12th - ISF Senior World Cup Adult Slow Pitch Softball Championship (Moyer, Botetourt, Burton, Huff Lane, Wasena)

10th-11th - VHSL Division 1 State Baseball Tournament (Kiwanis)

18th-19th - NSA Youth Fast Pitch State Tournament (Moyer, Botetourt, Green Hill, Northside)

SPORTS - PARKS & REC

18th-19th - NSA Western State Adult Slow Pitch Softball Tournament (Burton)

18th-19th - NSA Men's Fast Pitch Softball Tournament (Whispering Pines)

18th-19th - Nations Baseball Lou Gehrig Benefit Summer State (Roanoke County, Roanoke City)

25th-26th - USSSA Youth Fast Pitch Softball 10U-18U Western State Tournament (Moyer, Civic Center, Oakeys)

25th-26th - USSSA Milton Stuart Invitational Adult Slow Pitch Tournament (Burton) 25th-26th - USSSA Commonwealth Youth

Baseball Tournament (River's Edge, Wasena,

29th - USA National Women's Softball Team Tour Game vs USA Futures Team (Salem Memorial Stadium-Red Sox)

July 2011

2nd-3rd - NSA Fast & Furious Youth Fast Pitch Softball Tournament (Moyer, Botetourt, Green Hill, Northside)

2nd-3rd - USSSA Red, White, & Blue Benefit Adult Slow Pitch Softball Tournament (Burton) 9th-10th - ASA JO 14U National Qualifier & 16U Regional Qualifier Youth Fast Pitch Tournament (Moyer, Botetourt)

9th-10th - NSA Five Star NIT Adult Slow Pitch Tournament (Burton, Whispering Pines) 9th -10th - ASA Men's Class "C", "D", & "E" Slow Pitch National Qualifier (Civic Center, Oakeys)

16th-17th - NSA Coventry Commonwealth Games Youth Fast Pitch Softball Tournament (Moyer, Botetourt, Darrell Shell, Northside, Green Hill, River's Edge, Civic Center, Oakey's) 16th-17th - USSSA Hit a Home Run for Freedom Adult Slow Pitch Softball Tournament (Burton)

22nd-28th - Dixie Ozone State Baseball Tournament (Moyer)

22nd-28th - Dixie AAA & Majors State Baseball Tournament (Botetourt) 23rd-24th - NSA Adult Overall State Tournament Slow Pitch Softball (Burton) 30th-31st - USSSA Disabled Veterans Benefit Adult Slow Pitch Softball Tournament (Burton)

August 2011

3rd-7th - ASA JO Eastern Youth Class "A" Girls Fast Pitch Softball 10U, 12U, & 16U National Championship (Moyer, Botetourt, Greenfield, River's Edge, Burton, Northside, Maher, Civic Center)

5th-7th - ASA Women's 23U Eastern Fast Pitch National Championship (Moyer, Botetourt) 13th-14th - USSSA Class "E" & "D" State Adult Slow Pitch Tournament (Moyer, Burton) 13th-14th - NSA Youth Summer Finale Fast Pitch Softball Tournament (Botetourt, Green

20th-21st - USSSA Nationals Paid Berth Adult Slow Pitch Tournament (Burton)

20th-21st - NSA Men's Fast Pitch Softball Tournament (Civic Center Oakey's) 20th-21st - USSSA Valley Challenege Youth Fast Pitch Softball Tournament (Botetourt)

20th-21st - Nations Baseball Western Area Opener Baseball Tournament (Burton)

27th-28th - NSA Adult Eastern World Series Slow Pitch Softball (Moyer, Burton)

September 2011

2nd-5th - ASA Men's Eastern Class "D" Adult Slow Pitch National Championship (Moyer, Botetourt, Burton, Huff Lane)

3rd-4th - USSSA Church of God Adult Slow Pitch Softball Tournament (Civic Center East, Whispering Pines, Breckenridge, Jackson, Fallon, Norwich, Straus, Rick McCoy, Wasena) 10th-11th - USSSA Star City Challenge NIT Youth Baseball Tournament (Moyer, Civic

Center, Oakey's)

10th-11th - NSA Valley Thunder Youth Fast Pitch Softball Tournament (Botetourt) 10th-11th - USSSA Class "E" Nationals Adult Slow Pitch Softball Tournament (Burton) 17th-18th - NSA Play the Valley Youth Fast Pitch Softball Tournament (Moyer, Botetourt) 24th-25th - ASA JO Star City Showcase 16U & 18U Youth Fast Pitch Tournament (Moyer) 24th-25th - Virginia Fall Collegiate Military Appreciation Softball Tournament (Botetourt) 24th-25th - NSA Adult Super World Warm Up Slow Pitch Softball Tournament (Burton)

October 2011

1st-2nd - NSA Fall Festival Youth Fast Pitch Softball Tournament (Botetourt)

1st-2nd - USSSA Fall Cool Down Youth Baseball Tournament (Burton, Northside, Whispering Pines)

8th-9th - ASA JO/ Scrappers 18U & 16U College Show Case Girls Fast Pitch Softball Tournament (Moyer, Civic Center, Oakey's, Green Hill)

8th-9th - USSSA Fall Ball State Adult Slow Pitch Softball Tournament (Burton)

8th-9th - USSSA Western Virginia Fall AA/AAA State Baseball Tournament (Botetourt)

15th-16th - Nations Baseball Fall Super State Baseball Tournament (Moyer, Burton, Civic Center, Oakey's)

15th-16th - USSSA Fall State 10U-18U Youth Fast Pitch Softball Tournament (Botetourt) 22nd-23rd - NSA Fall Youth State Girls Fast Pitch Softball Tournament (Botetourt)





I could see my health records online.

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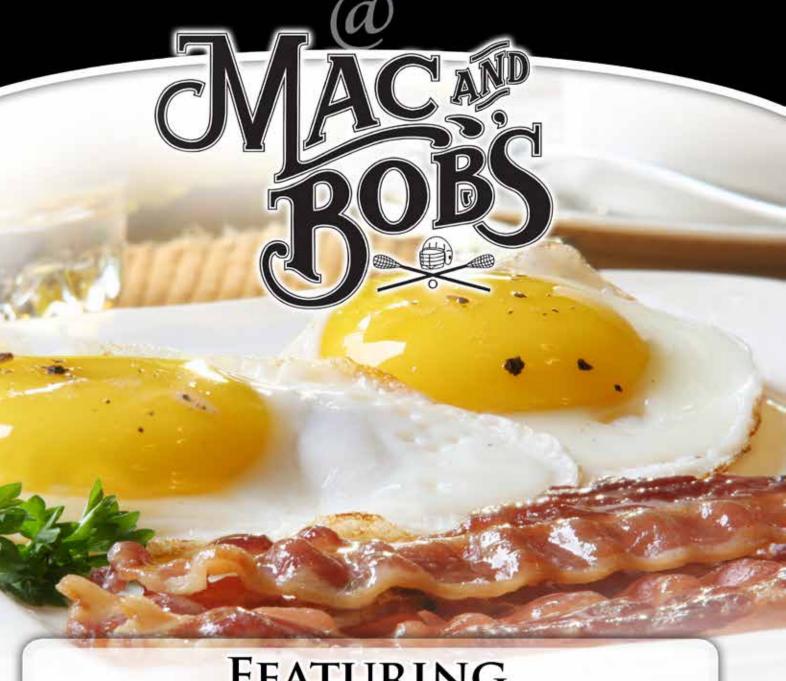
These are just some of the ways Carilion Clinic is improving healthcare to work the way *you* want.

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